

express



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Tuesday



RICHARD DREW/AP

Don Imus returned to the airwaves on Monday.

Shocked Jock: Chastened Imus is back behind the mic | **3**

Fast Thinkers: Chimps top humans in test of memory | **6**

Faux? Sure:

Fake jewelry is starting to turn heads | **35**



ENTERTAINMENT



Bright Side:

James Taylor's 'One Man Band' is rich in lighthearted banter and calming, familiar acoustics.

>> **19-23**

U.S.: Iran Halted Nuke Effort

Report suggests Tehran is less intent on developing weapons

WASHINGTON | A new U.S. intelligence report concludes that Iran's nuclear weapons development program has been halted since the fall of 2003 because of international pressure — a stark contrast to the conclusions U.S. spy agencies drew just two years ago.

The finding is part of a National Intelligence Estimate on Iran that also cautions that Tehran continues to enrich uranium and still could develop a bomb between 2010 and 2015 if it decided to do so.

The conclusion that Iran's weapons program was still frozen, through at least mid-2007, represents a sharp turnaround from the previous intelligence assessment in 2005. Then, U.S. intelligence agencies believed Tehran was determined to develop a nuclear weapons capability and was continuing its weapons development program. The new report concludes that Iran's decisions are rational and pragmatic, and that Tehran is more susceptible to diplomatic and financial

pressure than previously thought.

"Tehran's decision to halt its nuclear weapons program suggests it is less determined to develop nuclear weapons than we have been judging since 2005," says the unclassified summary of the secret report.

The findings come at a time of escalating tensions between the United States and Iran. At an Oct. 17 news conference, President Bush said, "If you're interested in avoiding World War III, it seems like you ought to be interested in preventing them [Iran] from having the knowledge necessary to make a nuclear weapon." (AP)

Thousands Turn Out to Mourn Taylor



CARL JUSTE/POOL

FAREWELL: Redskins running back Clinton Portis walks offstage after speaking at the funeral for slain teammate Sean Taylor at Florida International University on Monday. Players, coaches and team officials joined thousands who paid their final respects to Taylor. ♦ **Tributes:** Emotional goodbyes | **Page 14**

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SHOULD MYSPACE DO MORE TO PROTECT CHILDREN FROM ONLINE BULLIES? **A** YES **B** NO

TO VOTE, VISIT READEXPRESS.COM OR TEXT **A** OR **B** TO WPOST (97678) | RESULTS, PAGE 36



TUESDAY
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THURSDAY
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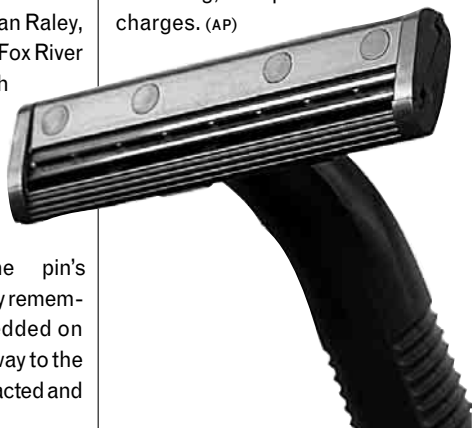
TODAY: Partly to mostly sunny, with wind gusts of up to 35 mph | **34**

eyeOpeners

COMPLAINING

Kids, Grandkids Put Out of Their Misery

A Wausau, Wis., Girl Scout who failed to receive a Golden Eaglet Award because she woke up with the mumps finally got the accolade—69 years later. Faith James Schremp, 86, joined Girl Scouts in 1938 and earned all the proficiency badges needed to win the award. But the morning Schremp was to leave for Girl Scout Camp, she woke up with the mumps. Attending camp was the final rite of passage in earning the award. Schremp said she was heartbroken. That is, until Fran Raley, CEO of the Girl Scouts of the Fox River Area, presented Schremp with her long-deserved award, a pin, Saturday during the Girl Scouts' 2007 Holiday Folk Fair. Daughter-in-law Dee Schremp, a former Girl Scout leader, knew of the pin's importance to Schremp. Raley remembered there was a pin embedded on an art project near the entryway to the scouting office. An artist extracted and repaired it. (AP)



IDENTITY

Comic Book Tactic Fails in Real World

Conemaugh Township, Pa., police said a man fled a traffic stop, went home, shaved his mustache and changed his clothes, then reported the truck he was driving as stolen. Police stopped Robert Sadlon, 50, for a broken taillight on Thanksgiving night, and he ran off. Later, the same officer went to Sadlon's home to investigate the reported theft. There, he found the just-shaven Sadlon, who is now charged with drunken driving, escape and related charges. (AP)



OUTFITS

'I Hate Them All!'

This work by Tilman Hornig is evocatively titled, "Hey David, what's going on" — which is how we will greet every work of art from now on. This replica of Michelangelo's statue, which appears to have thrown its clothes everywhere after trying on 20 outfits — hating them all and just deciding he looked better naked, preferably with his hand on his shoulder — can be seen in Dresden, Germany. (EXPRESS)



Before this, we had planned to name our illegal street drug "Ice Breaker."

CONFUSION

'Ice Breaker' Already So Drug Name-ish

New mint packets being sold by the Hershey Co. look nearly identical to the tiny heat-sealed bags used to sell crack, heroin and cocaine, says a Philadelphia official. Ice Breakers Pacs, nickel-size dissolvable pouches with a powdered sweetener inside, are similar enough to drug packets that a child familiar with the candy could mistakenly swallow a heat-sealed bag of drugs, said Police Chief Inspector William Blackburn. A spokesman for Hershey pointed out that each pouch bears the Ice Breakers logo. "It is not intended to simulate anything," said spokesman Kirk Saville. (AP)

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ON YOUR FEET: A report released on Tuesday by the Brookings Institution ranks the Washington region as the nation's most walkable metropolitan area. Washington out-ranked New York on a per capita basis, with one walkable place for every 264,000 people.

Nation

In Brief



Amy Anderson, right, hugs Melanie Tapia after a flood in Olympia, Wash.

PORTLAND, ORE.

Hurricane-Force Winds Batter Pacific Northwest

Untold numbers of residents found themselves in the dark Monday as hurricane-force winds and heavy rain battered the Northwest for a second day, blocking roads with trees, high water and mud. Two flood-related deaths were reported near Chehalis, Wash., and Oregon officials warned drivers not to attempt passage through the Coast Range. (AP)

JENA, LA.

Teenager in Jena 6 Pleads Guilty to Battery Charge

A black teenager whose prosecution led to one of the largest civil rights protests in years pleaded guilty Monday to a misdemeanor battery charge that could see him released from a detention center in eight months. Mychal Bell originally was charged as an adult with attempted murder in the beating of Justin Barker in December 2006. (AP)

Imus Apologetic in Radio Comeback

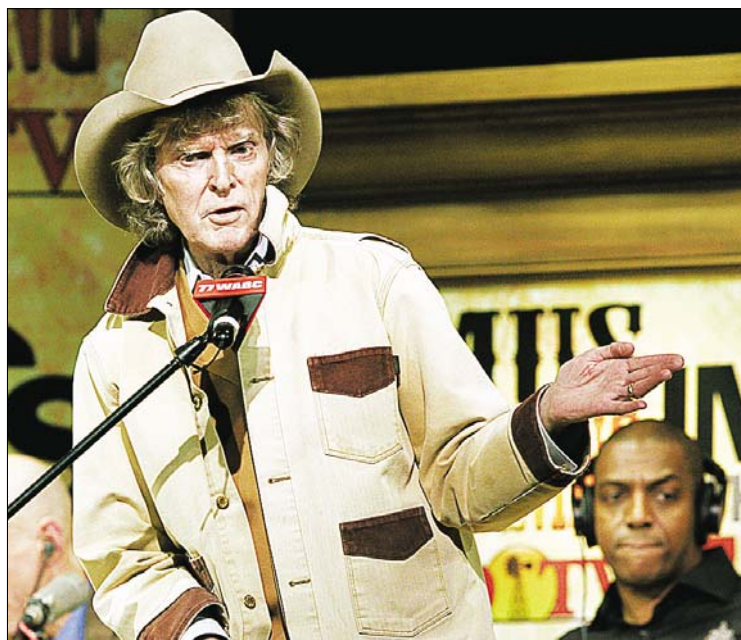
Broadcaster says flap over racial comment has changed his life

NEW YORK | Don Imus returned to radio Monday with two black cast members, a list of high-powered guests — and a pledge that he had learned his lesson from his racist and sexist insult of the Rutgers women's basketball team.

In an apologetic monologue before a live audience, Imus invoked his recovery from drug and alcohol addiction in describing his road to recovery of sorts from his firing eight months ago.

"I analogize it to being an alcoholic and a drug addict, which I also am. If you get into recovery, as I am for 20-some years now, you have the opportunity to be a better person, to have a better life than you ordinarily would have had. And that's true in this situation," he said.

Imus made his return before a boisterous audience that cheered him on several occasions as he again



Don Imus returned to the airwaves Monday and introduced a new cast that included Tony Powell, right, one of two black comedians who now appear on the show.

apologized for his actions and vowed to be a different host.

Shortly after the program began, Imus introduced his new cast, including two black comedians,

Karith Foster and Tony Powell.

Imus, known for his high-profile guests, had Democrat Chris Dodd and Republican John McCain on his comeback program.

Imus told his audience that he found an opportunity to start his recovery after meeting the very women he had offended.

"I don't know if it's melodramatic to describe it as a life-changing

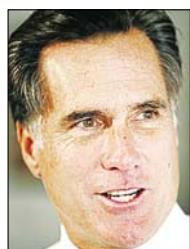
“We now have the opportunity to have a better [radio] program.”

DON IMUS, RADIO HOST

experience, but it was pretty close. I was there to try to save my life," he said.

"I think things worked out the way they should have worked out," We now have the opportunity to have a better program. ... So, I will never say anything in my lifetime that will make any of these young women at Rutgers regret or feel foolish that they accepted my apology and forgave me." DEEPTI HAJELA (AP)

HEARSAY | THE POLITICS OF FAITH



"I think religion does have a very important role in our society, and, therefore, it's important to talk about our religious heritage."

—REPUBLICAN PRESIDENTIAL CANDIDATE MITT ROMNEY, WHO WILL GIVE A SPEECH ON THURSDAY AT THE GEORGE BUSH PRESIDENTIAL LIBRARY AND MUSEUM ABOUT HIS MORMON FAITH.

Study: Divorce Is Bad for the Earth

WASHINGTON | Divorce can be bad for the environment, because each time a family dissolves, the result is two new households, a study says.

"A married household actually uses resources more efficiently than a divorced household," said Jian-guo Liu, an ecologist at Michigan State University whose analysis of

the environmental impact of divorce appears in this week's online edition of Proceedings of the National Academy of Sciences.

Per person, divorced households cost some \$6.9 billion in extra utility costs per year, Liu calculated, plus an added \$3.6 billion for water. (AP)

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Nation



SWEET RELIEF: A teaspoon of honey before bed seems to calm children's coughs and help them sleep, according to a new study that relied on parents' reports of their children's symptoms. The folk remedy did better than cough medicine or no treatment in a three-way comparison.

Attorney: Hostage Act a Cry for Help

Judge orders mental evaluation of man who stormed Clinton office

ROCHESTER, N.H. | The man accused of taking hostages at a Hillary Rodham Clinton campaign office last week watched impassively during his video arraignment Monday as he was portrayed alternatively as a sick man desperately seeking psychiatric help and a manipulative longtime criminal.

The judge ordered Leeland Eisenberg held on \$500,000 cash bail on six felony charges and ordered a psychiatric evaluation.

Prosecutor Janice Rundles asked for the high bail, saying Eisenberg, 46, has a long criminal record, including two rape convictions, and would be a threat to the public.



Leeland Eisenberg is seen on a video monitor from the Strafford County House of Corrections in Dover, N.H., during his arraignment. He was held on a \$500,000 bail.

She said he was sentenced to 10 years for rape in Worcester, Mass., in 1985 but apparently escaped the next year and committed another rape. He was sentenced to 11 to 20

years for that, she said.

Massachusetts officials said Friday that Eisenberg was released from prison in March 2005, but could not give details.

Eisenberg allegedly took six hostages at Clinton's office in Rochester on Friday, showing them what he said was a bomb strapped to his chest. Authorities said it turned out to be road flares.

Public defender Randy Hawkes portrayed Eisenberg as a man at the end of his rope emotionally after being repeatedly turned down for help. Eisenberg "heard voices and saw a movie in his head telling him he had to sacrifice himself" to shine light on the flaws in the health care system, Hawkes said.

Rundles, however, said Eisenberg did not mention his mental illness or ask for help in previous complaints her office prosecuted.

Eisenberg faces charges of kidnapping, criminal threatening and fraudulent use of a bomb-like device. BEVERLEY WANG (AP)

No Charges Filed In Teen MySpace User's Suicide

ST. CHARLES, MO. | No criminal charges will be filed against people who sent cruel Internet messages to a 13-year-old girl before she committed suicide, the St. Charles County prosecutor said Monday.

The parents of Megan Meier, who hanged herself last year, said her suicide came minutes after she received mean messages through MySpace. County Prosecutor Jack Banas said there was no applicable statute to file charges in the case.

A police report said that a mother from the neighborhood and her 18-year-old employee fabricated a profile for a teenage boy who pretended to be interested in Megan before he began bullying her. It is not clear who was sending Meier messages just before her death. (AP)

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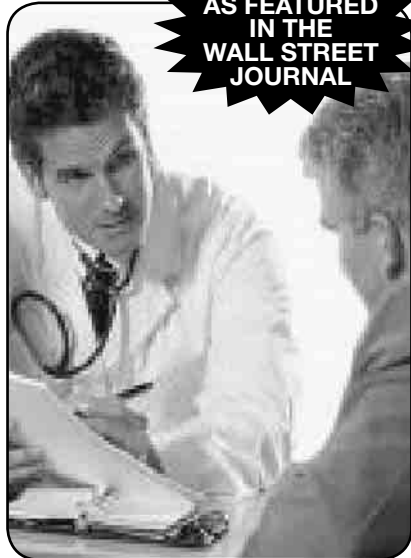
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Nation

11

The percentage of Republican voters who say the upcoming presidential election bores them, compared with 7 percent of Democratic voters, according to an AP-Yahoo News survey.

In Test, Chimps Are Champ

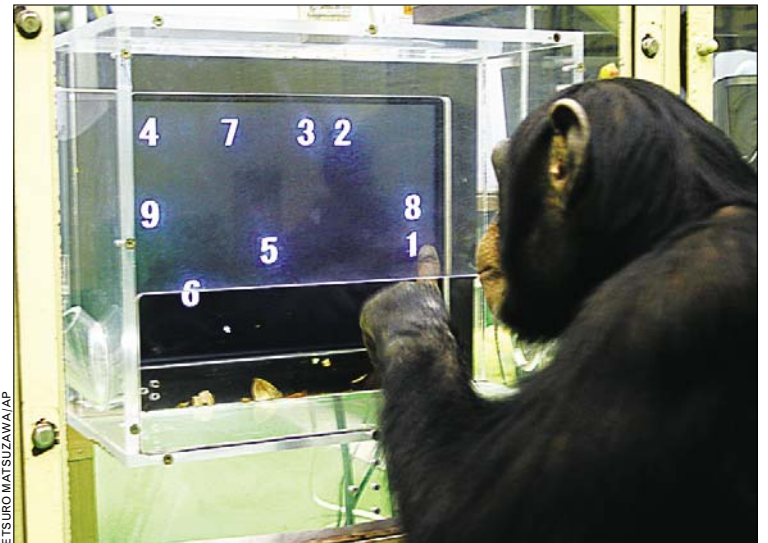
Apes trump humans in timed challenge of short-term memory

NEW YORK | Think you're smarter than a fifth-grader? How about a 5-year-old chimp? Japanese researchers pitted young chimps against human adults in tests of short-term memory, and, overall, the chimps won.

The results challenge the belief that "humans are superior to chimpanzees in all cognitive functions," said researcher Tetsuro Matsuzawa of Kyoto University.

One memory test included three 5-year-old chimps who'd been taught the order of Arabic numerals one through nine, and a dozen human volunteers.

They saw nine numbers displayed on a computer screen. When they touched the first number, the other eight turned into white squares. The test was to touch all these squares in the order of the numbers that used to be there.



This photo provided by the Primate Research Institute in Kyoto, Japan, shows a chimpanzee as he begins a memory test with nine numerals on a touch screen.

Results showed that the chimps, while no more accurate than the people, could do this faster.

One chimp, Ayumu, did the best. Researchers included him and nine college students in a second test with the touch screen.

When the numbers were dis-

played for just four-tenths or two-tenths of a second, the chimp was the champ. The briefer of those times is too short to allow a look around the screen, and in those tests Ayumu still scored about 80 percent, while humans plunged to 40 percent.

MALCOLM RITTER (AP)

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NO SMALL CHANGE: Police seized hundreds of ancient coins — some dating back 2,300 years and believed to have been illegally excavated in the area — from a 70-year-old barber in northern Greece, authorities said Monday.

World

In Brief

ISLAMABAD, PAKISTAN

Bhutto, Sharif Plan Common Demands of Government

Former prime ministers Benazir Bhutto and Nawaz Sharif said Monday they would issue a list of demands that the government must fulfill to dissuade them from boycotting Pakistan's elections. In a show of unity, the opposition leaders said they agreed that the Jan. 8 parliamentary elections would not be free and fair under current conditions — Pakistan has been under emergency rule for a month. Earlier Monday, election officials rejected Sharif's candidacy. Bhutto and Sharif stopped short of announcing an immediate boycott to protest U.S.-backed President Pervez Musharraf's continued rule. (AP)

DOHA, QATAR

At Gulf Summit, Ahmadinejad Proposes Regional Pacts

President Mahmoud Ahmadinejad reached out Monday to Gulf Arab states, proposing security and economic pacts free of "foreign influence" in the first appearance by an Iranian leader before a summit of a key group of Persian Gulf nations. The Sunni Muslim-led states of Bahrain, Kuwait, Oman, Saudi Arabia, Qatar, and the United Arab Emirates are Washington allies and work closely with the U.S. military, making them unlikely to embrace Shiite Iran. But Ahmadinejad's presence at the summit of the six-member Gulf Cooperation Council, a group formed partly to counter the spread of Iran's Islamic revolution, was a powerful Arab acknowledgment of Tehran's rising power. (AP)

BAGDAD, IRAQ

Remains of 12 People Discovered in Mass Grave

Iraqi troops unearthed a mass grave in a former stronghold of al-Qaeda with the remains of 12 people, including a paramedic who disappeared more than a year ago, officials said Monday. Morgue workers wearing masks to protect themselves from the stench of decomposing bodies dug through bags of bones and tattered clothes as they sought to identify those killed. (AP)



Members of the pro-Kremlin Nashi movement celebrate Vladimir Putin's party victory in Moscow's Red Square on Monday.

Putin's Victory Contested

Foreigners, opposition groups claim Russian election was unfair

MOSCOW | Foreign election observers and Russian opposition groups accused authorities Monday of manipulating a sweeping parliamentary victory for the party of President Vladimir Putin, who hailed the vote as a validation of his leadership.

The victory of the United Russia party sets the stage for Putin to remain a "national leader" even after

he steps down as president next spring because of term limits.

The presidential candidate to be named by his party this month is expected to be a figurehead who would take orders from Putin or even step down early to let Putin regain his seat.

Any candidate who has Putin's support could be expected to win easily amid the Kremlin's tight control over media and official harassment of opposition groups.

Pro-Kremlin youth activists accused the United States of planning to incite "thieves" and "trai-

tors" to seize key public buildings and squares, and urged the crowd at a postelection celebration Monday to help thwart the attempt.

Russia's opposition groups and European observers criticized the vote as unfair, citing reports of pressure exerted by election authorities and workplace managers for Russians to vote for Putin's party.

Opposition leader Garry Kasparov, the former chess champion, denounced the vote as "the most unfair and dirtiest in the whole history of modern Russia."

VLADIMIR ISACHENKOV (AP)

Humbled Chavez Accepts Defeat

Opposition activists celebrate proposals' rejection by 51 percent

CARACAS, VENEZUELA | Humbled by his first electoral defeat ever, President Hugo Chavez said Monday he may have been too ambitious in asking voters to let him stand indefinitely for re-election and endorse a huge leap to a socialist state.

"I understand and accept that the proposal I made was quite profound and intense," he said after voters narrowly rejected the sweeping



Opposition activists in Venezuela celebrate the results of Sunday's vote.

constitutional reforms by 51 percent to 49 percent.

Opposition activists were ecstatic

as the results were announced shortly after midnight — with 88 percent of the vote counted, the trend was declared irreversible by elections council chief Tibisay Lucena.

Someshed tears. Others chanted: "And now he's going away!"

Without the overhaul, Chavez will be barred from running again in 2012.

Foes of the reform effort — including Roman Catholic leaders, media freedom groups, human rights groups and prominent business leaders — said it would have granted Chavez unchecked power

Sudan Pardons Teacher

Briton jailed in teddy bear naming case is allowed to return home

KHARTOUM, SUDAN | A British teacher jailed for letting her students name a teddy bear Muhammad as part of writing project headed home Monday after being pardoned — ending a case that set off an international outcry and angered many moderate Muslims.

The incident was the latest in a tense relationship between the West and Sudanese President Omar al-Bashir, an Islamic hard-liner who has been accused by the United Nations of dragging his feet on the deployment of peacekeepers to the war-torn Darfur region.

Gillian Gibbons, 54, jailed for more than a week, was freed after two Muslim members of Britain's House of Lords met with al-Bashir and the teacher sent the president a statement of apology.

"I have a great respect for the Islamic religion and would not knowingly offend anyone," Gibbons said in the statement. "I am looking forward to seeing my family and friends, but I am very sorry that I will be unable to return to Sudan," Gibbons wrote. (AP)

and imperiled basic rights.

Chavez said that the outcome of Sunday's balloting had taught him that "Venezuelan democracy is maturing." His respect for the verdict, he asserted, proves he is a true democratic leader.

"From this moment on, let's be calm," he proposed, asking for no more street violence like the clashes that marred pre-vote protests. "There is no dictatorship here."

Chavez, who was briefly ousted in a failed 2002 coup, blamed the loss on low turnout among the very supporters who re-elected him a year ago with 63 percent of the vote. Seven in 10 eligible voters cast ballots then. This time it was just 56 percent. FRANK BAJAK (AP)

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HAM HEIST: A total of 17.6 tons of ham and bacon was stolen from a warehouse in suburban Sydney over the weekend. The thieves left a message busting the owners' chops, police said Monday. "Thanks," they wrote on a wall. "Merry Christmas."

World

Israel Frees Palestinian Prisoners

Early release of 429 is part of Israeli effort to support peace deal

RAMALLAH, WEST BANK | Israel released 429 Palestinian prisoners Monday to try to bolster Palestinian President Mahmoud Abbas and build on momentum from last week's Mideast peace conference in Annapolis, Md., where Abbas and Israeli Prime Minister Ehud Olmert said they would aim to reach a peace deal in 2008.

Joy mixed with tears as buses carrying the prisoners, most from Abbas' Fatah movement, rolled into Ramallah. Many had been arrested at the height of the Palestinian uprising several years ago.

The release, the largest in three years, was meant to boost Abbas,



A freed Palestinian prisoner dives out of a bus window to be reunited with family and friends as he arrives at the Beituniya checkpoint near Ramallah on Monday.

who is trying to win over a public skeptical about his peace effort and beat back challenges by Hamas.

Also on Monday, Abbas' information minister, Riad Malki, said the Palestinian government in the West Bank dissolved 92 Hamas-linked charity committees. He said the committees were infiltrated by Hamas activists in previous years of Fatah rule. The committees were ordered closed two weeks ago, but the announcement was made only on Monday.

"They transformed the charity committees into financial empires to serve their political ends and activities," Malki said.

On Tuesday, Palestinian Prime Minister Salam Fayyad was scheduled to announce the formation of 11 new charity committees to replace those dissolved. KARIN LAUB (AP)

Climate Experts Urge Fast Action At U.N. Meeting

BALI, INDONESIA | Faced with melting polar ice caps and worsening droughts, climate experts at a massive U.N. conference Monday urged quick action toward a new international pact stemming from an increasingly destructive rise in world temperatures.

A key goal of the two-week conference, which opened with delegates from nearly 190 countries in attendance, will be to draw a skeptical United States into an agreement to cut emissions of carbon dioxide and other so-called greenhouse gases.

The U.S. delegation said it would not be a "roadblock" to a new pact, but Washington remains opposed to steps many other countries support, including mandatory emissions cuts by rich nations. (AP)

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Money

Mortgage Freeze Possible

Treasury secretary crafting deal to keep loans at current rates

WASHINGTON | Treasury Secretary Henry Paulson said Monday a deal was near on a proposal to help thousands of at-risk homeowners avoid foreclosures by temporarily freezing their mortgage rates.

One of the last remaining issues to be resolved, officials said, was the exact length of time the low-teaser rates will be frozen.

Speaking at a national housing conference and in later interviews, Paulson expressed optimism that an agreement could be reached very soon, possibly before the end of this week.

Paulson and federal regulators



Treasury Secretary Henry Paulson is leading an effort to help homeowners.

have been holding talks with some of the country's biggest banks, mortgage investors and consumer groups trying to strike a deal in an effort to prevent an avalanche of threatened

foreclosures in the coming year from sinking the overall economy.

"We are working aggressively and quickly, utilizing available tools and creating new ones, to help financially responsible but struggling homeowners," Paulson said in a speech to a national housing conference sponsored by the Office of Thrift Supervision.

An estimated 2 million subprime mortgages, loans offered to borrowers with spotty credit histories, are scheduled to reset to much higher levels by the end of 2008. Those resets will push the payment on a typical mortgage up by \$350 per month.

The new program is being aimed at homeowners who have steady incomes and clean repayment histories. MARTIN CRUTSINGER (AP)

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AT&T to Sell All Its Pay Phones

SAN ANTONIO | AT&T Inc. will exit the rapidly shrinking pay phone business by the end of next year, before it becomes unprofitable, the company said Monday.

AT&T will sell 65,000 pay phones, in prisons and in public places, within its original 13-state area before the end of 2008, said

spokesman Michael Coe.

AT&T decided to leave pay phones, a tiny portion of the telecommunications company that has 67.3 million wireless subscribers, before they reached the point of being unprofitable, he said.

AT&T officials said they expect the pay phones to be purchased by independent operators. Coe said the company has been phasing out of the business by not renewing contracts as they've expired. (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
NovaStr rs	3.33	+1.36	+69.0
Meritage	15.85	+2.18	+15.9
Compz	15.48	+1.38	+9.8
NatcoG	51.92	+4.38	+9.2
Stanley	37.25	+2.95	+8.6

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
VeriFone	26.03	-22.00	-45.8
BearingPt	2.94	-.71	-19.5
SecCapAs	6.00	-1.08	-15.3
FleetEn	4.64	-.83	-15.2
CrwfdB	3.40	-.60	-15.0

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	7.50	7.50
Fed Funds close	4.69	4.56
3-month disc	3.03	3.17
2-year	2.83	2.92
10-year	3.89	3.84
30-year	4.35	4.27

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Cohesant	8.90	+3.06	+52.4
CleanDsl n	29.79	+7.13	+31.5
UAP Hldg	38.28	+8.37	+28.0
ChinaSun n	9.26	+1.68	+22.2
lomai	1.27	-.08	-5.9

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
PatrInd	9.56	-2.30	-19.4
ReprosTh	8.07	-1.76	-17.9
GloblOpt n	4.01	-.83	-17.1
HydroGen n	2.28	-.46	-16.8
Targacept	8.01	-1.59	-16.6

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.4838	.4862	.5049
Canadian Dollar	.9999	1.0013	1.1451
European Euro	.6816	.6832	.7499
Japanese Yen	110.47	111.15	115.35
Mexican Peso	10.9018	10.9120	11.0306
Taiwanese Dollar	32.42	32.42	32.36

DOW	NASDAQ	S&P 500
-57.15	-23.83	-8.72
-0.43	-0.90	-0.59
13314.57	2637.13	1472.42

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	55.09	-.16	-19.4
Amylin	37.06	-1.13	+2.7
BiogenIdc	73.82	-.30	+50.1
Celgene	60.28	-1.27	+4.8
ChRvLab	63.72	+1.19	+47.3
GenProbe	65.37	-1.52	+24.8
Genentch	73.50	-2.75	-9.4
Genzyme	73.50	-1.43	+19.4
GileadSci s	45.94	-.60	+41.5
Illumina	57.54	-.25	+46.4
Imclone	44.78	-.31	+67.3
Invitrogn	95.84	-1.17	+69.4
MillPhar	14.74	...	+35.2
QIAGEN	22.12	+1.05	+46.2
VertexPh	25.00	-.39	-33.2

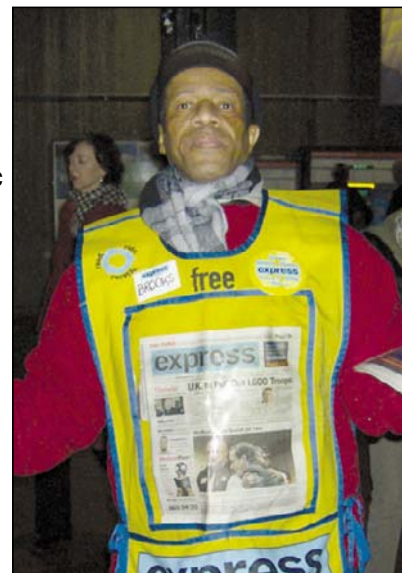
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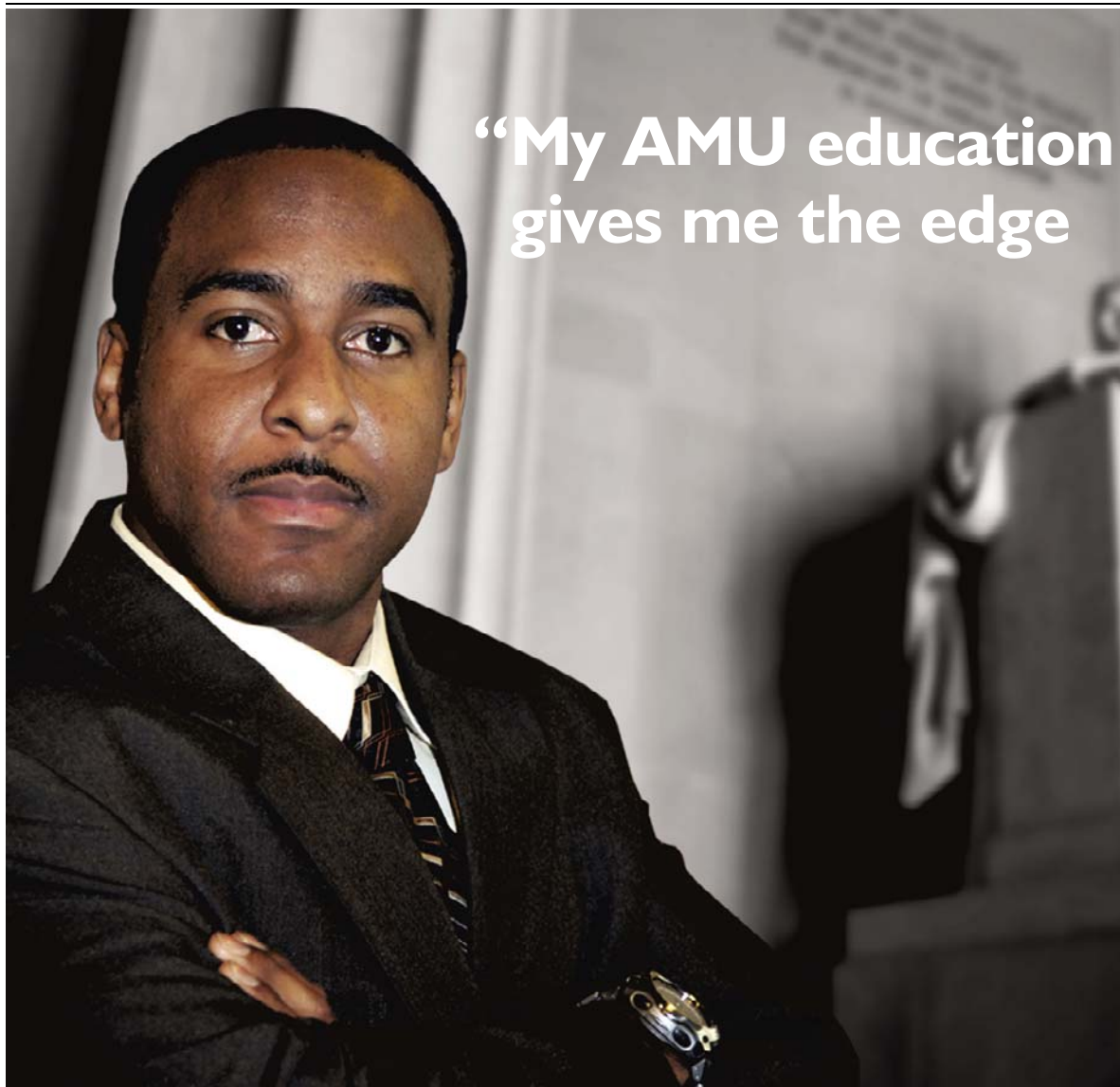
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Local

Bay's Health Grade Poor

Report: Chesapeake given D for 9th year in a row for pollution

ANNAPOLIS, MD. | The Chesapeake Bay's health is going from bad to worse, according to an environmental group that gave the bay's health a grade of D on Monday for the ninth consecutive year.

The Chesapeake Bay Foundation gave the bay a failing grade for one of its most persistent pollutants, nitrogen, along with F's for water clarity and dissolved oxygen.

"The health of the Chesapeake Bay is dangerously out of balance,"

a report from the foundation concludes.

The troubles are many. Underwater grasses, which are important because they provide habitats and filter pollutants from the water, continue to struggle to reach historical levels. The watershed is losing wetlands to erosion. Chemicals from myriad household products — antibacterial soap to face creams to birth control pills — end up in the water, making some fish unsafe to eat.



Baker

Even blue crabs, the hallmark

critters of the Chesapeake, are suffering from overharvesting and loss of habitat.

"We must all voice our outrage so that those with the power to effect change — the governors and legislators at the state and federal levels — do more to implement the known solutions of reducing pollution," Foundation President Will Baker said.

The overall score was 28, down from last year's score of 29.

"We cannot let this honest though bleak snapshot of the bay's current health discourage us from making a better, healthier future for the Bay," Maryland Gov. Martin O'Malley said in a statement after seeing the report card. (AP)

WOODBIDGE, VA. | WINDY WALKWAY



BELTWAY BLUSTER: Gusts of wind stir up leaves at the entrance to Lake Ridge Elementary School in Woodbridge, Va., on Monday. The National Weather Service issued a wind advisory throughout the Washington region. Wind gusts of speeds up to 50 mph were recorded in some areas.

D.C. Street Renamed 'Pollin Way'

WASHINGTON | A portion of a downtown Washington street is being renamed after Abe Pollin, in honor of his efforts to revitalize the city.

A one-block stretch of F Street in front of the Verizon Center will officially be known as "Abe Pollin Way" once the D.C. Council passes legislation.

Mayor Adrian Fenty praised Pollin on Monday, saying his decision to build the 20,000-seat arena has served as a catalyst for the once run-down neighborhood.

Pollin owns the NBA's Wizards and is the original owner of the NHL's Capitals and the WNBA's Mystics. He was given the honor on his 84th birthday.

The mayor also declared Monday "Abe Pollin Day." (AP)

The Lotteries

Monday, Dec. 3

DISTRICT

Mid-day Lucky Numbers **5-0-9**
Mid-day DC 4 **9-0-6-4**

MARYLAND

Mid-day Pick 3 **3-6-3**
Mid-day Pick 4 **2-8-8-3**

VIRGINIA

Mid-day Pick 3 **1-8-8**
Evening Pick 3 (Sun.) **9-3-4**

Mid-day Pick 4 **7-6-1-8**
Evening Pick 4 (Sun.) **5-1-3-7**
Mid-day Cash 5 **3-9-19-21-29**
Evening Cash 5 (Sun.) **1-6-24-26-29**

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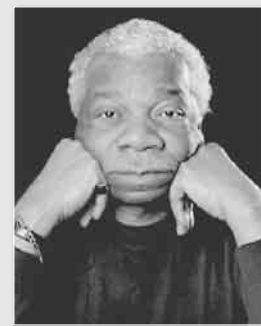
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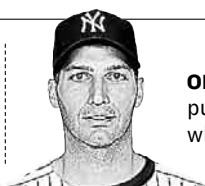
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Sports



ONE DOWN, ONE TO GO: Andy Pettitte decided to pitch for the Yankees in 2008 and put off retirement. On the same day, the Yankees set a deadline for the Twins to decide whether they will trade two-time Cy Young Award winner Johan Santana to New York.

Mourners Pay Respects to Taylor

Redskins safety is praised for his love of the game at his funeral

REDSKINS | Thousands filled a university arena for Sean Taylor's funeral Monday, with his coach praising his "excitement for life" and the NFL commissioner telling mourners the Redskins star "loved football and football loved him back."

The funeral comes a week after Taylor was shot in his home and days after four men were charged with killing him during the robbery. A lawyer for one of the suspects confirmed there was a fifth suspect.

Taylor's casket was surrounded by bouquets while a video display behind it showed Taylor from his days with the Redskins and Miami Hurricanes and in high school.

NFL commissioner Roger Goodell said it had been a "sad week" for the league family.

"It's times like this that all of us struggle to find meaning in life," Goodell told the mourners. "The NFL was proud of Sean Taylor. He loved football, and football loved him back. But more importantly, it was what he was as a man and what he was becoming as a man."

Redskins coach Joe Gibbs spoke to Taylor's growing spirituality.

"I think he's going to have



CARL JUSTE/AP/POOL



JOE RAEDLE/GETTY IMAGES

Redskins owner Dan Snyder, top, looks toward the casket at Sean Taylor's funeral. Taylor's dad, Pedro, left, shakes hand with a mourner after the funeral.

100-year football games," Gibbs said. "He had excitement for life and certainly he can still live forever. For me, personally, I want to play on Sean's team."

The Rev. Jesse Jackson sat with the athlete's father, Florida City Police Chief Pedro Taylor, then took the podium and called for an end to violence.

Clinton Portis, a Redskins running back and close friend of Taylor's, said seeing Taylor tackle another

er player was invigorating, earning chuckles from the audience.

"It was exciting to have Sean on your team," Portis said. "He would always be there no matter what."

Portis also spoke to the change everyone saw Taylor undergo with his daughter's birth. "Sean was living for his child, living for his girl," he said.

"Nothing could take away this gnawing feeling that we should have known him better before today."

Mike Wise writes about Sean Taylor's funeral, when the world finally got a glimpse of who the safety really was through touching eulogies. | **Today, Sports**

The Washington Post

The remembrances for the 24-year-old player began Sunday night. Thousands paid respects at a wake at Second Baptist Church and at a vigil at the University of Miami.

Meanwhile, four young men charged with killing Taylor sat in jail cells on the other side of the state in Fort Myers.

Out of respect to Taylor's family, the suspects are expected to be transported to Miami after the funeral, said attorney Sawyer Smith, who is representing suspect Jason Mitchell, 19.

Ed Griffith, a spokesman for the Miami-Dade County State Attorney's Office, said the men could be in court as early as Tuesday morning. **STEVEN WINE (AP)**

Ravens' McNair Goes on the IR

RAVENS | Steve McNair's most frustrating NFL season is over.

The Ravens put the quarterback on injured reserve Monday, ending a season in which the 34-year-old McNair struggled to stay healthy and hold onto the football.

He will have surgery on his non-throwing (left) shoulder Tuesday, the team announced.

McNair played in six games this season, throwing only two touchdown passes compared to four interceptions. He also fumbled eight times — one reason the Ravens were 4-7 entering Monday night's game against New England. **(AP)**

Playoff Picture Starts to Take Shape

In both conferences, teams are fighting for just 1 remaining spot

NFL | With a quarter of the 2007 NFL season remaining, there's not much room left in the postseason — probably just one wild-card spot in each conference.

That became clear after Sunday's games, specifically the New York Giants' rally to beat Chicago and Seattle's win over Philadelphia, plus San Diego's win in Kansas City combined with Oakland's victory over Denver in the AFC.

Those results went a long way



STEPHEN DUNN/GETTY IMAGES

Vikings quarterback Tarvaris Jackson has his team in prime playoff position.

toward assuring the Chargers and Seahawks will win their divisions and that the Giants will be one of the NFC's two wild-card teams.

First, pencil in each of the division leaders. None leads by fewer than two games with four to go.

Then add the Giants (8-4) as an NFC wild card. Even in the highly unlikely event they lose all four remaining games, they would probably still make it in a conference where only five of the 16 teams are better than .500.

Behind New York are three 6-6 teams: the Cardinals, fading Detroit and surging Minnesota.

More important than the return

of Adrian Peterson, important as that may be, is the play of quarterback Tarvaris Jackson, who in his last three games has looked like one of the NFL's better young QBs.

Minnesota has won three games, and the schedule isn't too hard: at San Francisco and Denver; Chicago and Washington at home.

In the AFC, the Jaguars (8-4) are a game ahead of Cleveland and Tennessee with Buffalo two games behind at 6-6.

"They're a very hard team to beat," Tony Dungy said of the Jaguars. "I don't see them losing much the rest of the way."

That probably leaves Cleveland and Tennessee (both 7-5) to contest the other wild-card berth.

DAVE GOLDBERG (AP)

SIGH OF RELIEF: Tim Duncan most likely will miss no more than a few games after injuring his ankle and knee. The San Antonio Spurs star was hurt against Portland on Sunday, and the team said his MRI came back negative Monday.



Sports

McFadden Even Better in His Encore

After finishing 2nd last year, RB eyes the Heisman this season

HEISMAN PROFILE | Week after week, Darren McFadden calmly answered questions, doing his best to shrug off all the hype about the Heisman Trophy. Then he'd take the field — and hear about it some more.

"A lot of trash talk going on after plays," McFadden said. "They were always, like, 'Come on, Heisman.'"

McFadden should excuse those defensive players if they were a little mouthy. Tackling him is quite an accomplishment. After finishing second in the Heisman voting last year, the Arkansas tailback is again a top candidate to win college football's most prestigious award.

McFadden's run at this year's honor really began last season, when he rushed for 1,647 yards and led the Razorbacks to the Southeastern Conference title game. Everyone



Darren McFadden jumps over Craig Steltz during the third overtime of Arkansas' win over then-No. 1 LSU. McFadden ran for three TDs and threw for one in the win.

BY THE NUMBERS

Here's a quick look at McFadden's qualifications for the Heisman:

- He ran for 1,725 yards this season, fourth-best in the nation.
- When lining up at QB, he completed six passes, four for TDs.
- He is the third-most productive running back in SEC history, with 4,485 total yards.

wanted to know what was in store for McFadden's junior season.

The answer: more of the same. McFadden rushed for 1,725 yards in 12 games — more than he did in 14 games last season.

"I just want my guy to be mentioned in that Heisman [race]," coach Houston Nutt said after his team knocked off No. 1 LSU, Nutt's last game as coach of Arkansas. "He was second last year in the Heisman Trophy ballot, and he's having a better year this year, so why wouldn't he be there?"

Texas Vaults Into Top 5 With Win Against UCLA

COLLEGE HOOPS | Texas' win at UCLA caused the first change this season in the top five teams in The Associated Press' college basketball poll.

North Carolina was No. 1 Monday, as it has been since the pre-season poll, but Memphis and Kansas both moved up one spot to second and third, while Texas used its win over UCLA to vault from eighth to fourth.

Georgetown remained fifth, Duke moved up one spot to sixth and UCLA dropped five places after the 63-61 home loss to the Longhorns on Sunday.

The Tar Heels (7-0), who won road games against Ohio State and Kentucky last week, received 45 first-place votes and 1,769 points from the 72-member national media panel. JIM O'CONNELL (AP)

TODAY'S TV LINEUP

COLLEGE HOOPS (7 P.M. ON ESPN AND ESPN2 AND 9:30 P.M. ON ESPN) On a slow sports night, a couple of top college teams have games. Michael Beasley's Kansas State squad plays Notre Dame in New York and North Carolina is at Penn. Then, USC plays Memphis, also in New York.

HOCKEY (7:30 P.M. ON VERSUS) The Red Wings are still hot and are heading to Montreal.

SOCCER (2:30 P.M. ON ESPN2) AC Milan hosts Celtic FC in Champions League action.

After 42 Years, JoePa Preps for Hall

Penn State legend's list of accomplishments is long after 4 decades

COLLEGE FOOTBALL | If Joe Paterno must go, he would prefer the end come right at the 50-yard line.

"Drop dead at the end of the game after you kick the winning

field goal," the Penn State coach joked when asked about the perfect ending to his career. "They carry you off the field and everyone's singing, 'So long, Joe!'"

Hold on, JoePa: There's another distinction to tack on the already crowded resume: induction into the College Football Hall of Fame on Tuesday night in New York.

"I really am indebted to college football," said Paterno, who turns 81 this month.

His qualifications are unquestioned: a record 42 seasons (and counting) as head coach; two national titles and five undefeated seasons; 371 career wins, second only to Florida State's Bobby Bowden among major college coaches.

It seemed fitting for the Hall to give Bowden and Paterno membership in the same class in 2006, though Paterno had to delay induction by a year after breaking his left leg last season.

Now, as Penn State gets ready for the Alamo Bowl on Dec. 29, its 34th bowl appearance under Paterno (also a record), the coach is taking a brief break to return to his native New York for the induction ceremony. GENARO C. ARMAS (AP)



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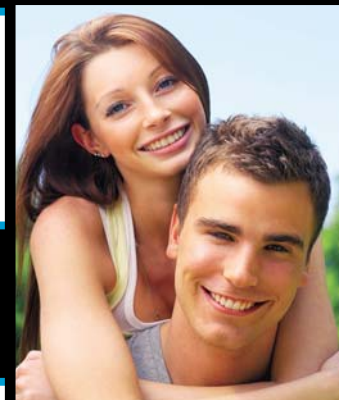
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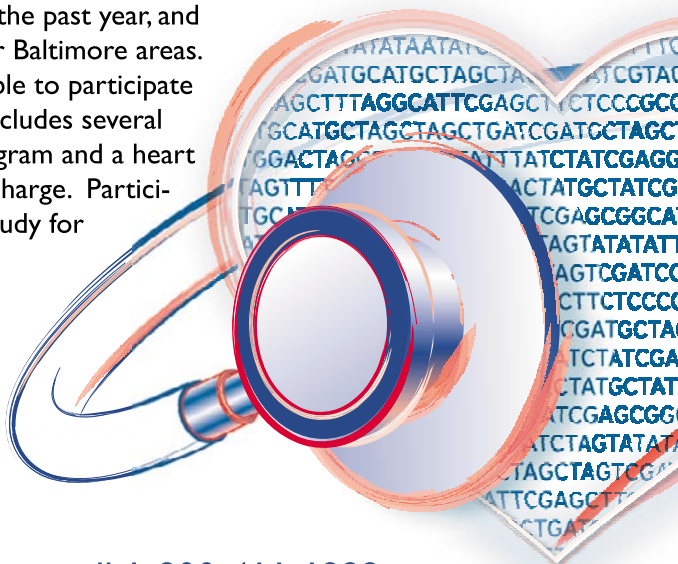
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www.genome.gov/ClinSeq or call 1-800-411-1222.



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The number of voters who did not vote Tennessee No. 1 in this week's women's basketball poll. Both voters had Connecticut No. 1. It is the first time all year the Vols have not been the unanimous No. 1.

Sports

Nationals Trade for Dukes

Washington gives up prospect for troubled but talented outfielder

NATIONALS | The Tampa Bay Rays traded another troubled outfielder Monday, sending Elijah Dukes to the Washington Nationals for minor league pitcher Glenn Gibson.

Due in part to others being injured, Dukes began this season as Tampa Bay's starting center fielder. The rookie batted .190 with 10 homers and 21 RBI in 52 games.

He was optioned to the minors on June 22 and placed on the temporary inactive list after he was accused of violating a protective court order his estranged wife obtained after she said Dukes threatened her and the couple's children.

"We have a plan in place for him," Nationals general manager Jim Bowden said. "His book hasn't been written yet. Just the first two chapters. The rest of the book has a chance to be special."

First baseman Dmitri Young



As a rookie, Elijah Dukes, right, batted .190 with 10 homers and 21 RBI in 52 games.

was involved in vetting Dukes and encouraged management to make the deal, Kasten said. Young will take an active role in the support system that will attempt to keep Dukes out of trouble.

"Dmitri said something recently," Kasten relayed. "He said, 'I'm here to pay back for people who gave me a second chance.' He had

never said that to us before, but it was nice to hear."

Washington manager Manny Acta went to see Dukes in winter ball and came away impressed.

"None of us should turn our backs on a 23-year-old," Acta said. "It's never too late to become a better person. This kid is not 91 years old; he's 23." MIKE FITZPATRICK (AP)

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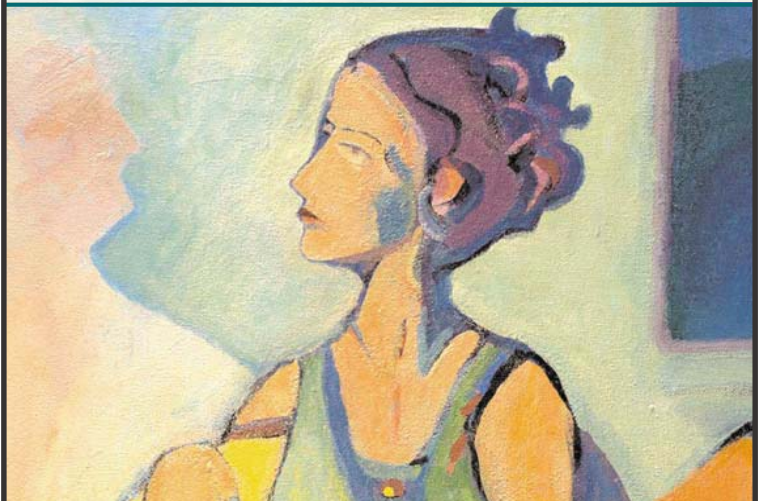


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- Engineering

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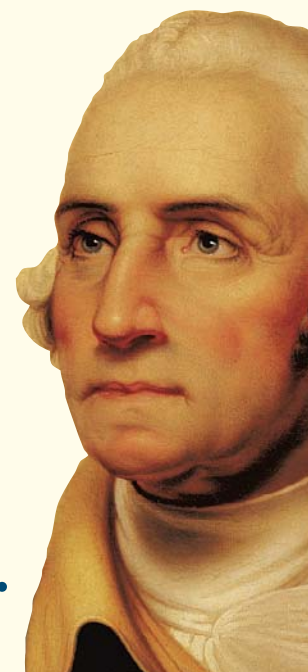
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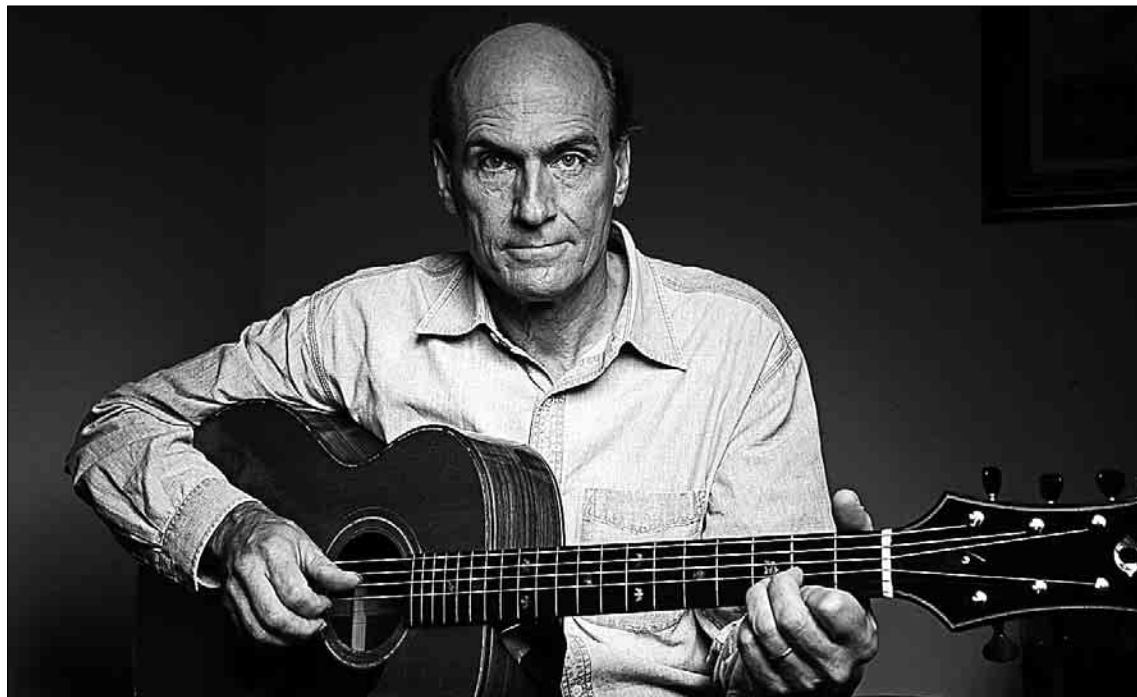
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'QUEEN' OF THE FESTIVAL: Helen Mirren continues to clean up. The Oscar winner won another award Saturday for her performance as Elizabeth II in Stephen Frears' "The Queen," taking the best actress crown at the 2007 European Film Awards.

Entertainment



SWEET BABY JAMES: After four straight-faced decades in the biz, James Taylor's ready to share a chuckle with the crowd.

Going It Alone

James Taylor flies solo with a smile on 'One Man Band'

LONER | James Taylor's new CD/DVD set, "One Man Band," is a musical self-portrait that takes him back to the start of his career in the late '60s when he could travel light with just his songs, guitar and a suitcase,

and up through the present when he is enjoying a rare second chance at getting his life right.

Over the years, Taylor had gotten accustomed to performing in bigger venues, often with large bands or even symphony orchestras. But on this live recording of his July concerts in the intimate setting of the restored Colonial Theatre in Pittsfield, Mass., near

his home, Taylor begins his performance alone on acoustic guitar and later is sensitively accompanied by jazz keyboard player Larry Goldings, and on two songs by a custom-made, Rube Goldberg-like drum machine.

Taylor's recently concluded tour marked the first time since the late '70s that he had gone out on a stripped-down solo tour.

"It's how I started performing, and I think it's important every once in a while to get back to it," Taylor. "I think, in a way, this album is a James Taylor primer because it goes back to the foundations of how the songs were written. ... The arrangements are distilled down to the very essence. ... It spans the whole stretch of the three or four decades I've been doing this."

But on the "One Man Band" tour, Taylor did something he had never done before by offering a multimedia presentation that included old photographs, family home movies and even a videotape of the Tanglewood Festival Chorus singing backup on two songs. The two-hour concert DVD, which augments the 19-song music CD, finds Taylor using a laptop computer to change the images on an overhead screen as he spins out humorous anecdotes.

As he introduces songs like "Line 'Em Up" — projecting images of President Nixon's last day in office and a mass Moonie wedding in Madison Square Garden that figure in the lyrics — Taylor reveals another side of his personality fans may be less familiar with.

"There's somewhat a perception of me as being sort of the sensitive, suffering songwriter," said Taylor. "The success of songs like 'Fire and Rain' gave people an idea of me that's a lot more serious than is appropriate. I actually enjoy being on stage. ... I guess the news here is just that I'm a slightly more upbeat person than my public persona has been."

CHARLES J. GANS (AP)

Today's Top Stops

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NATIONAL MENORAH LIGHTING Oil Shortage

To celebrate the first day of Hanukkah, the National Menorah lighting will take place south of the White House grounds at the Ellipse. Features include speeches, activities for kids and the lighting itself by Rabbi Levi Shemtov. The event is free, but be sure to reserve tickets in advance.

→ *The Ellipse, 1600 Constitution Ave. NW; 5 p.m., free (tickets needed); 202-332-5600.*

GIL MANTERA'S PARTY DREAM Super Freaky



2 Gil Mantera's Party Dream is tough to do justice to in words, but here's our best effort: It's made up of Mantera,

accomplished keyboardist (and keytarist!) with an affinity for the vocoder; and Ultimate Donny, guitar player and yeller of incoherent statements. During any given performance, both men usually strip down to Speedos while rocking out super-freakshow style. Worth the trip to H Street, NE? Obvi, say we.

→ *The Red and the Black, 1212 H St. NE; 9:30 p.m., \$10; 202-399-3201.*

EVAN BLISS & THE WELCHERS Local Collision

3 A blend of D.C. bands past, Evan Bliss & the Welchers share a bill with O'Tasty on the Black Cat's backstage tonight.

→ *Black Cat, 1811 14th St. NW; 9 p.m., \$8; 202-667-7960. (U St.-Cardozo)*

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Heidi Klum works her obnoxiously trim post-baby body at the Kodak Theater.

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SANDY COHEN (AP)

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45980 Regal Plaza 800-FANDANGO 394#
Adv. Tix on Sale THE GOLDEN COMPASS (PG-13) ★
Adv. Tix on Sale I AM LEGEND (PG-13) ★
Adv. Tix on Sale HANNAH MONTANA CONCERT 3D (NR) ★
BEOWULF DIGITAL 3D - \$2.50 FEE FOR 3D (PG-13) (1200 300
BEOWULF (PG-13) (100 350) 640 940
OC: ENCHANTED (PG) (240) 820
ENCHANTED (PG) (1150 1240 140 330 430 530) 620 720 920 1000
THIS CHRISTMAS (PG-13) (210 500) 745 1040
AUGUST RUSH (PG) (220 500) 740 1020
THE MIST (R) - ID REQ'D (150 440) 730 1025
HITMAN (R) - ID REQ'D (1200 230 510) 750 1020
NO COUNTRY FOR OLD MEN (R) - ID REQ'D (1230 340) 700 1010
MICHAEL CLAYTON (R) - ID REQ'D (215 445) 715 950
GONE BABY GONE (R) - ID REQ'D (200 450) 740 1015
MR. MAGORIUM'S WONDER EMPORIUM (G) (115 345) 615 910
LOVE IN THE TIME OF CHOLERA (R) - ID REQ'D (1210) 945
BEE MOVIE (PG) (145 420) 645 915
AMERICAN GANGSTER (R) - ID REQ'D (1145 310) 635 930
DAN IN REAL LIFE (PG-13) (1215 250 520) 800 1030
BELLA (PG-13) (120 400) 625 850
LIONS FOR LAMBS (R) - ID REQ'D (315) 650
AWAKE (R) - ID REQ'D (130 415) 710 930
FRED CLAU (PG) (110 410) 650 935

ROCKVILLE CENTER STADIUM 13

Rockville Town Center 800-FANDANGO 248#
Adv. Tix on Sale THE GOLDEN COMPASS (PG-13) ★
Adv. Tix on Sale I AM LEGEND (PG-13) ★
Adv. Tix on Sale HANNAH MONTANA CONCERT 3D (NR) ★
AWAKE (R) - ID REQ'D (1245 300 530) 800 1025
ENCHANTED (PG) (100 200 345 445) 630 730 930 1015
THIS CHRISTMAS (PG-13) (100 400) 700 1000
AUGUST RUSH (PG) (115 415) 715 1005
NO COUNTRY FOR OLD MEN (R) - ID REQ'D (115 415) 715 1015
HITMAN (R) - ID REQ'D (1245 315 545) 815 1030 1220
BEOWULF DIGITAL 3D - \$2.50 FEE FOR 3D (PG-13) (215 500) 745
MR. MAGORIUM'S WONDER EMPORIUM (G) (145 430) 700 945
AMERICAN GANGSTER (R) - ID REQ'D (515) PM
OC: AMERICAN GANGSTER (R) - ID REQ'D (130) 845
BEE MOVIE (PG) (130 400) 645 915
DAN IN REAL LIFE (PG-13) (215 445) 730 955
FRED CLAU (PG) (215 500) 745 1030

FAIRFAX TOWNE CENTER 10

4110 W Ox Road 800-FANDANGO 670#
Adv. Tix on Sale I AM LEGEND (PG-13) ★
Adv. Tix on Sale HANNAH MONTANA CONCERT 3D (NR) ★
ENCHANTED - DP (PG) (100 340) 630 810
ENCHANTED (PG) (130 200 410 440) 700 730 940 1010
NO COUNTRY FOR OLD MEN (R) - ID REQ'D (110 140 400 430) 650
AMERICAN GANGSTER (R) - ID REQ'D (250) 620 950
HITMAN (R) - ID REQ'D (150 450) 715 930
THE MIST (R) - ID REQ'D (120 420) 710 1005
GONE BABY GONE (R) - ID REQ'D (115 350) 645 920
INTO THE WILD (R) - ID REQ'D (300) 640 1000

GERMANTOWN STADIUM 14

20000 Century Blvd 800-FANDANGO 455#
Adv. Tix on Sale THE GOLDEN COMPASS (PG-13) ★
Adv. Tix on Sale I AM LEGEND (PG-13) ★
AWAKE (R) - ID REQ'D (1215 230 445) 730 1000
GONE BABY GONE (R) - ID REQ'D (130 440) 800 1030
ENCHANTED (PG) (1200 140 240 515) 700 745 1030
OC: ENCHANTED (PG) (420) 940
THIS CHRISTMAS (PG-13) (1245 415) 715 1015
HITMAN (R) - ID REQ'D (1150 220 500) 810 1020
AUGUST RUSH (PG) (115 415) 715 1010
THE MIST (R) - ID REQ'D (130 430) 730 1030
BEOWULF (PG-13) (100 445) 745 1020
MR. MAGORIUM'S WONDER EMPORIUM (G) (1155 215 430) 700
FRED CLAU (PG) (1230 330) 645 945
AMERICAN GANGSTER (R) - ID REQ'D (1200 320) 650 1010
BEE MOVIE (PG) (1150 210 420) 645 930
DAN IN REAL LIFE (PG-13) (210 450) 800 1015

UA SNOWDEN SQ STADIUM 14

9161 Commerce Ctr Dr 800-FANDANGO 570#
Adv. Tix on Sale THE GOLDEN COMPASS (PG-13) ★
Adv. Tix on Sale I AM LEGEND (PG-13) ★
AWAKE (R) - ID REQ'D (215 500) 800 1030
THE MIST (R) - ID REQ'D (100 400) 700 950
THIS CHRISTMAS (PG-13) (130) 715
HITMAN (R) - ID REQ'D (215 515) 800 1030
AUGUST RUSH (PG) (145 430) 730 1005
ENCHANTED (PG) (100 200 345 445) 630 730 915 1015
BEOWULF (PG-13) (145 430) 745 1025
MR. MAGORIUM'S WONDER EMPORIUM (G) (1245 330) 645 930
NO COUNTRY FOR OLD MEN (R) - ID REQ'D (115 400) 700 950
FRED CLAU (PG) (130 415) 710 930
AMERICAN GANGSTER (R) - ID REQ'D (115 445) 815
BEE MOVIE (PG) (1245 345) 645 930
DAN IN REAL LIFE (PG-13) (200) 745
MICHAEL CLAYTON (R) - ID REQ'D (500) 1020
OC: THIS CHRISTMAS (PG-13) (415) 1015

MANASSAS STADIUM 14

11380 Bulloch Drive 800-FANDANGO 490#
Adv. Tix on Sale THE GOLDEN COMPASS (PG-13) ★
Adv. Tix on Sale I AM LEGEND (PG-13) ★
Adv. Tix on Sale HANNAH MONTANA CONCERT 3D (NR) ★
AWAKE (R) - ID REQ'D (1155 210 430) 740 1000
THIS CHRISTMAS (PG-13) (1240 330) 700 945
THE MIST (R) - ID REQ'D (1235 335) 640 930
HITMAN (R) - ID REQ'D (1230 245 505) 750 1010
AUGUST RUSH (PG) (105 355) 705 1005
ENCHANTED (PG) (1150 1220 100 230 305 340 500) 645 715 745
BEOWULF DIGITAL 3D - \$2.50 FEE FOR 3D (PG-13) (925 955 1020
MR. MAGORIUM'S WONDER EMPORIUM (G) (1215 240 455) 735
FRED CLAU (PG) (1250 400) 725 1015
AMERICAN GANGSTER (R) - ID REQ'D (1145 300) 635 950
BEE MOVIE (PG) (1210 225 440) 720 935
DAN IN REAL LIFE (PG-13) (1200 220 445) 725 1005

Times 7:00/7:07 Bargain Matinees In () OC= Open Captioned DA= Descriptive Audio Available DP= Digital Projection * Pass/Discount Ticket Restrictions Apply

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Thank you.



SERVING THE NEEDY SINCE 1906

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ADDRESS _____

CITY/STATE/ZIP _____

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Washington, DC 20091-0940

CFC #18948

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AMC HOFFMAN CENTER 22

Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

DIGITAL 3D

BEOWULF: DIGITAL 3D (PG13) 2:10, 5:10, 8:00, 10:40

AWAKE (R) ✓ 1:05, 3:35, 5:55, 8:30, 10:45

AUGUST RUSH (PG) 2:00, 4:35, 7:30, 10:10

ENCHANTED (PG) 2:00, 3:20, 4:00, 5:00, 6:20, 7:20, 8:20, 9:00, 10:00, 10:45

HITMAN (R) 1:50, 3:00, 4:20, 5:50, 7:00, 8:50, 9:50

THE MIST (R) 2:45, 5:45, 8:45

THIS CHRISTMAS (PG13) 1:40, 2:40, 4:00, 4:40, 5:40, 6:40, 7:40, 8:40, 9:40, 10:25

BEOWULF (PG13) 3:45, 6:30, 9:30

BEOWULF (PG13) 3:45, 6:30, 9:30

MR. MAGORIUM'S WONDER EMPORIUM (G) 1:10, 2:30, 3:50, 5:20, 6:10, 10:30

MR. MAGORIUM'S WONDER EMPORIUM (G) 1:10, 2:30, 3:50, 5:20, 6:10, 10:30

FRED CLAU (PG) 2:15, 5:05, 7:55, 10:40

LIONS FOR LAMBS (R) 2:05, 4:30, 7:05, 9:35

AMERICAN GANGSTER (R) 2:50, 6:50, 7:50, 10:15

BEE MOVIE (PG) 1:00, 2:20, 3:15, 4:50, 5:30, 7:10, 9:45

SAW IV (R) 7:15, 9:55

TYLER PERRY'S WHY DID I GET MARRIED? (PG13) 2:35, 8:55

AMC SELECT

NO COUNTRY FOR OLD MEN (R) 1:55, 4:45, 7:45, 10:35

LOVE IN THE TIME OF CHOLERA (R) 5:35

AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.
703-998-4AMC

HITMAN (R) 2:45, 4:50, 7:10

THE MIST (R) 5:00, 7:50

THIS CHRISTMAS (PG13) 2:40, 5:20, 8:00

FRED CLAU (PG) 4:00, 6:30

ELIZABETH: THE GOLDEN AGE (PG13) 2:35, 5:10, 7:40

AMC SELECT

LOVE IN THE TIME OF CHOLERA (R) 4:30, 7:30

THE DARJEELING LIMITED (R) 4:40, 7:00

GONE BABY GONE (R) 2:50, 5:25, 8:10

MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo
301-324-4220

AUGUST RUSH (PG) 1:20, 3:50, 6:50, 9:50

ENCHANTED (PG) 12:20, 2:50, 5:20, 7:50, 10:20

HITMAN (R) 12:25, 2:45, 5:15, 7:45, 10:10

THE MIST (R) 12:55, 3:55, 6:55, 9:55

THIS CHRISTMAS (PG13) 12:30, 1:30, 3:30, 4:30, 6:30, 7:30, 9:30, 10:20

BEOWULF (PG13) 1:15, 4:35, 7:35, 10:15

MR. MAGORIUM'S WONDER EMPORIUM (G) 12:40, 3:00, 5:30, 8:00, 10:15

FRED CLAU (PG) 1:25, 4:05, 7:00, 9:35

AMERICAN GANGSTER (R) 2:05, 6:05, 9:25

BEE MOVIE (PG) 12:55, 2:55, 5:25, 7:55, 10:05

TYLER PERRY'S WHY DID I GET MARRIED? (PG13) 1:35, 4:25, 7:25, 10:05

LOEWS SHIRLINGTON 7

2772 South Randolph
703-671-0910 801

I'M NOT THERE (R) 2:10, 5:10, 8:00

AMC SELECT

NO COUNTRY FOR OLD MEN (R) 1:40, 2:20, 4:10, 5:00, 7:00, 7:30

SOUTHLAND TALES (R) 2:00, 4:50, 7:40

BEFORE THE DEVIL KNOWS YOU'RE DEAD (R) 1:40, 4:20, 7:20

LARS AND THE REAL GIRL (PG13) 1:30, 4:30, 7:10

INTO THE WILD (R) 1:50, 4:40, 7:50

LOEWS WHITE FLINT 5

North Bethesda
1-800-FANDANGO #741

ENCHANTED (PG) 1:40, 4:15, 7:00

FRED CLAU (PG) 2:00, 4:30, 7:10

LIONS FOR LAMBS (R) 1:50, 4:25, 7:15

AMERICAN GANGSTER (R) 2:30, 6:30

BEE MOVIE (PG) 1:55, 4:05, 7:05

AMC COLUMBIA MALL 14

10300 Patuxent Parkway
703-998-4AMC

DIGITAL 3D

BEOWULF: DIGITAL 3D (PG13) 1:55, 4:30, 7:10, 9:55

AWAKE (R) 1:05, 3:25, 5:40, 7:50, 10:05

AUGUST RUSH (PG) 2:00, 4:40, 7:20, 10:00

ENCHANTED (PG) 2:10, 4:50, 7:30, 10:10

HITMAN (R) 2:35, 4:55, 9:45

THE MIST (R) 12:45, 3:40, 6:30, 9:20

THIS CHRISTMAS (PG13) 1:20, 4:10, 7:00, 9:50

BEOWULF (PG13) 12:55, 3:30, 6:10, 8:55

BEOWULF (PG13) 12:55, 3:30, 6:10, 8:55

MR. MAGORIUM'S WONDER EMPORIUM (G) 1:50, 4:15, 6:35, 9:00

FRED CLAU (PG) 1:15, 4:00, 6:40, 9:25

AMERICAN GANGSTER (R) 2:45, 6:15, 9:35

BEE MOVIE (PG) 2:50, 5:10, 7:25, 9:40

DAN IN REAL LIFE (PG13) 1:40, 6:50

TYLER PERRY'S WHY DID I GET MARRIED? (PG13) 4:05, 9:10

AMC SELECT

NO COUNTRY FOR OLD MEN (R) 12:50, 3:35, 6:20, 9:05

AMC SPRINGFIELD MALL 10

Loisdale and Franconia Road
703-971-3991

AUGUST RUSH (PG) 4:20, 7:20

ENCHANTED (PG) 7:00, 9:30

HITMAN (R) 5:15, 8:00

THE MIST (R) 4:45, 7:45

THIS CHRISTMAS (PG13) 4:30, 7:15

BEOWULF (PG13) 4:10, 7:15

MR. MAGORIUM'S WONDER EMPORIUM (G) 5:15, 7:30

FRED CLAU (PG) 4:00, 7:00

AMERICAN GANGSTER (R) 3:45, 7:10

BEE MOVIE (PG) 5:15, 7:30

LOEWS RIO CINEMAS 18

9811 Washingtonian Boulevard
301-948-0906

DIGITAL 3D

BEOWULF: DIGITAL 3D (PG13) 1:45, 4:30, 7:20, 10:10

AWAKE (R) ✓ 2:25, 5:20, 7:55, 10:10

AUGUST RUSH (PG) 2:15, 5:00, 7:45, 10:25

ENCHANTED (PG) 1:30, 2:45, 4:10, 5:25, 7:00, 8:00, 9:35, 10:35

HITMAN (R) 2:30, 4:55, 7:25, 10:05

THE MIST (R) 1:50, 4:45, 7:40, 10:35

THIS CHRISTMAS (PG13) 2:00, 4:50, 7:40, 10:25

THIS CHRISTMAS (PG13) 2:00, 4:50, 7:40, 10:25

BEOWULF (PG13) 12:45, 3:30, 6:15, 9:10

MR. MAGORIUM'S WONDER EMPORIUM (G) 2:05, 4:35, 7:20, 9:50

FRED CLAU (PG) 1:40, 4:25, 7:15, 10:00

LIONS FOR LAMBS (R) 2:15, 4:40, 7:10, 9:30

AMERICAN GANGSTER (R) 2:20, 5:50, 7:05, 9:20, 10:30

BEE MOVIE (PG) 1:20, 2:40, 4:00, 5:10, 7:35, 9:55

DAN IN REAL LIFE (PG13) 12:55, 3:15, 5:35, 8:00, 10:20

AMC SELECT

NO COUNTRY FOR OLD MEN (R) 1:55, 4:40, 7:30, 10:20

LOVE IN THE TIME OF CHOLERA (R) 12:50, 4:05, 7:10, 10:15

LOEWS GEORGETOWN 14

3111 K Street, N.W.
202-342-6441

DIGITAL 3D

BEOWULF: DIGITAL 3D (PG13) 1:30, 4:15, 7:00, 9:45

AWAKE (R) ✓ 1:15, 3:30, 5:45, 8:00, 10:25

AUGUST RUSH (PG) 1:40, 4:20, 7:05, 9:50

ENCHANTED (PG) 2:05, 4:40, 7:15, 9:55

HITMAN (R) 2:10, 4:25, 6:50, 9:20

HITMAN (R) 2:10, 4:25, 6:50, 9:20

I'M NOT THERE (R) 1:05, 4:10, 7:20, 10:25

THE MIST (R) 1:55, 4:55, 7:50, 10:30

THIS CHRISTMAS (PG13) 2:15, 5:05, 7:55, 10:30

MR. MAGORIUM'S WONDER EMPORIUM (G) 2:35, 5:00, 7:25

LIONS FOR LAMBS (R) 6:10, 10:20

AMERICAN GANGSTER (R) 3:25, 6:55, 10:15

BEE MOVIE (PG) 2:55, 5:15, 7:35, 10:00

MICHAEL CLAYTON (R) 2:30, 5:20, 9:40

AMC SELECT

NO COUNTRY FOR OLD MEN (R) 2:00, 4:50, 7:45, 10:20

LOVE IN THE TIME OF CHOLERA (R) 3:40, 6:45, 10:05

AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886
703-998-4262

DIGITAL 3D

BEOWULF: DIGITAL 3D (PG13) 3:30, 6:25, 9:30

AWAKE (R) ✓ 1:00, 3:10, 5:20, 7:30, 9:50

AWAKE (R) 1:00, 3:10, 5:20, 7:30, 9:50

AUGUST RUSH (PG) 1:55, 4:40, 7:20, 9:55

ENCHANTED (PG) 1:25, 2:15, 4:05, 5:00, 6:45, 7:40, 9:25, 10:10

HITMAN (R) 2:25, 4:50, 7:15, 9:45

THE MIST (R) 1:10, 4:15, 7:10, 10:00

THIS CHRISTMAS (PG13) 1:20, 3:35, 4:30, 6:35, 7:25, 9:20, 10:10

BEOWULF (PG13) 1:45, 4:45, 7:25, 10:05

MR. MAGORIUM'S WONDER EMPORIUM (G) 1:50, 4:25, 6:50, 9:15

FRED CLAU (PG) 1:15, 2:10, 4:10, 4:55, 7:35, 10:15

LIONS FOR LAMBS (R) 2:05, 7:00

AMERICAN GANGSTER (R) 2:40, 6:10, 8:30, 9:40

BEE MOVIE (PG) 1:00, 2:00, 3:15, 4:20, 6:40, 9:00

DAN IN REAL LIFE (PG13) 4:35, 9:35

TYLER PERRY'S WHY DID I GET MARRIED? (PG13) 7:05, 9:50

AMC SELECT

NO COUNTRY FOR OLD MEN (R) 1:05, 4:00, 6:55, 9:55

AMC TYSONS CORNER 16

7850 Tysons Corner Center
703-998-4262

DIGITAL 3D

BEOWULF: DIGITAL 3D (PG13) 2:45, 5:25, 8:05, 10:45

Are You A Trauma Survivor?

Have you: • Been physically or sexually assaulted? • Had a serious accident? • Felt your life was in danger?

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- Flashbacks or nightmares • Avoiding people or places
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If so, you may be suffering from Post-Traumatic Stress Disorder (PTSD). Call us to see if you qualify for:

- **A brain imaging research study.**

Must be between 18-55 years old. This study involves up to five half-day visits to the NIMH outpatient clinic in Bethesda, Maryland.

**Mental health assessment at no cost - Transportation reimbursement is available
Compensation for brain imaging**

Call: **301-594-9140**

(TTY: 1-866-411-1010)

<http://patientinfo.nimh.nih.gov>
or for other studies: www.clinicaltrials.gov



The National Institute of Mental Health
National Institutes of Health, Department of Health & Human Services

NIMH
National Institute
of Mental Health

03-M-0292

Brain Imaging in Depression

The National Institute of Mental Health (NIMH) is conducting studies using Positron Emission Tomography (PET) & Magnetic Resonance Imaging (MRI) to better understand how the brain regulates emotion and how depression affects motivation. Studies are conducted at the NIH Clinical Center in Bethesda, MD.

Participants Should Be:

- Currently depressed
- Free of other serious medical conditions
- 18 to 55 years old
- Free of head trauma
- Free of any psychiatric medications

**Transportation reimbursement provided.
Compensation is provided for participation.**

Call: **301-594-3186**

(TTY: 1-866-411-1010)

<http://patientinfo.nimh.nih.gov>
or for other studies: www.clinicaltrials.gov

Are You Depressed?



The National Institute of Mental Health
National Institutes of Health, Department of Health & Human Services

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National Institute
of Mental Health

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Information Session

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SOOTHING VOICE: An ESPN basketball documentary has cast Samuel L. Jackson, pictured, Wynton Marsalis and Chris Paul as narrators. "Black Magic" examines the civil rights movement through hoops programs at historically black universities.

Television

ON TV TONIGHT

AIRSICKNESS

An epidemic at 30,000 feet on **HOUSE** (9 p.m., Fox).

BRIDEZILLAS

The wedding-planning series **I PROPOSE** (8 p.m., Style) enters its second season.

ROCK-STAR HOLIDAY

Arguably, the most miserable Thanksgiving dinner ever put on film takes place in the 1991 biopic **THE DOORS** (9 p.m., VH1 Classic), when a sozzled Jim Morrison (Val Kilmer) angers his girlfriend (Meg Ryan) over a chaotic turkey dinner.

BOSTON TAKES '07

COSTAS NOW (10 p.m., HBO) looks back at the year in sports with assistance from Charles Barkley and John McEnroe.



DELUSIONAL: Janice Dickinson: erst-while supermodel who thinks she's 18.

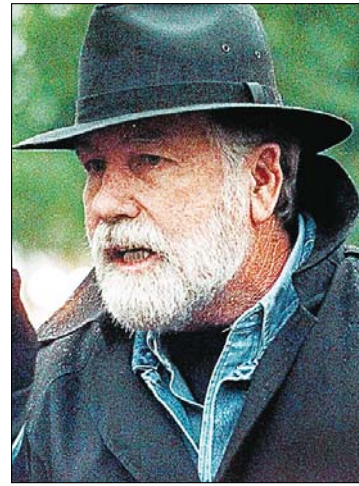
EMACIATED, SHRILL

THE JANICE DICKINSON MODELING AGENCY (10:30 p.m., Oxygen) enters a third tiresome season. **KEVIN MCDONOUGH** (UNITED FEATURE SYNDICATE)

Messages of Hate

Showtime profiles the controversial Westboro Church

PICKETERS | The documentary "Fall From Grace" (10 p.m., Showtime) looks at the peculiar ministry of Fred Phelps and his Westboro Baptist Church. The Kansas-based congregation, consisting almost entirely of Phelps' extended family, has made a habit of picketing public events, most notoriously the funerals of dead servicemen, where they brandish signs with angry slogans attacking homosexuals and declaring that America deserves



PREACHY PATRIARCH: Phelps' church is made up primarily of his family.

destruction due to its lax attitudes toward gays.

The film goes out of its way to paint Phelps as a particularly bizarre case and brings on several clergymen who condemn him as a hater and a bad example of Christianity. But it also reminds viewers of comments from famous televangelists linking homosexuality to the 9/11 attacks.

The filmmaker interviews Phelps and many of his children and followers, as well as two estranged offspring who reveal the patriarch as a violent rage-aholic who has turned his family into a dangerous cult. The most damning and compelling footage captures cute grade-school children mindlessly parroting hateful remarks. As the Bible says, "Out of the mouths of babes." **KEVIN MCDONOUGH** (UNITED FEATURE SYNDICATE)

12.4.07	6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30				
LOCAL CHANNELS	WRC	News (N)	NBC Nightly News	Access Hollywood	The Biggest Loser The remaining six contestants leave the campus. (N)				Law & Order: Special Victims Unit (N)		News (N)	Tonight Show				
	WTTG	News (N)	TMZ (N)	The Simpsons	Seinfeld	Bones "Man in the Mansion"	House "Airborne" (PA)		News (N)		News (N)	TMZ				
	WJLA	News (N)	ABC Wild News	Wheel of Fortune	Jeopardy! (N)	America's Funniest Home Videos		Boston Legal "Oral Contracts" (N)		News (N)	(:35) Nightline (N)					
	WUSA	News (N)	Evening News	News	Entertainment	Rudolph the Red-Nosed Reindeer		NCIS "Sandblast"		News (N)	Late Show					
	WDCA	Judge Judy (N)	Judge Joe Brown	King of Queens	King of Queens	Christmas Glory: In the Key of Love		Christmas at the Cathedral (N)		Every-Raymond	King of the Hill	Law & Order: Criminal Intent				
	WMPT	The NewsHour With Jim Lehrer (N)		Business Rpt.	Outdoors-Class	Bob Dylan: Live in Newport 1963-1965		Roy Orbison & Friends: A Black and White Night		Vision-England		You on a Diet				
	WETA	BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)	Blue Man Group: Inside the Tube				Bob Dylan: Live in Newport 1963-1965		Suze Orman: Women & Money					
	WHUT	World Business	Tavis Smiley	BBC World News	Moneywise	Bowfire		Vision-England		BBC World News	Tavis Smiley	Charlie Rose (N)				
	WDCW	My Wife and Kids	Family Guy	Two/Half Men	Friends	Beauty and the Geek		Reaper "Cash Out" (N)		Family Guy	Friends	Two/Half Men	Sex and the City			
BASIC CABLE	A&E	Cold Case Files		CSI: Miami "Witness to Murder"		CSI: Miami "Going, Going, Gone"		CSI: Miami "Come As You Are"		CSI: Miami "Backstabbers"		CSI: Miami "Internal Affairs"				
	Animal	The Crocodile Hunter		Growing Up Grizzly 2		Papa Bear		Animal Cops Houston "Deer Rescue"		Animal Cops Houston "Survivors"		Growing Up Grizzly 2				
	BET	106 & Park: BET's Top 10 Live		Hell Date		Sunday Best (Season Finale) (N)		College-Interns		College-Interns		American Gangster				
	Bravo	Real Housewives		Real Housewives		Real Housewives		Real Housewives		Real Housewives		Real Housewives				
	Comedy	(5:00) ★★ "The Hebrew Hammer"		Scrubs		Scrubs		Daily Show		Colbert Report		Chappelle's Show	South Park	Comedy Central's Last Laugh '07	Daily Show	Colbert Report
	Court	World's Wildest Police Videos		Cops		Cops		Cops		Cops		World's Wildest		Hot Pursuit (N)	Hot Pursuit (N)	The Investigators "Dirty Business" (N)
	Discovery	How It's Made		Man vs. Wild "Panama" Panama.		Dirty Jobs Ostrich farmer.		Dirty Jobs Mike Rowe's favorite jobs.		Everest: Beyond the Limit (N)		After the Climb "The Everest Effect"				
	DISCH	Code Blue "Sweet Charity"		Trauma: Life in the ER		On the Road With 16 Children		Surviving Sextuplets and Twins		Jon & Kate Plus 8		Jon & Kate Plus 8		On the Road With 16 Children		
	Disney	Cory in the House	Cory in the House	Hannah Montana	Zack & Cody	★★ "Full-Court Miracle" (2003) Alex D. Linz, Richard T. Jones.		That's So Raven		Life With Derek	Zack & Cody	Hannah Montana				
	E!	Soup Presents	Chelsea Lately	E! News (N)	The Daily 10 (N)	Dr. 90210 Family man.		Kimora: Secrets		Girl Next Door	2007: Celebrities Gone Wild (N)	E! News	Chelsea Lately (N)			
	FX	(4:30) ★★★ "X2: X-Men United" (2003) Patrick Stewart, Hugh Jackman.		★★ "Flightplan" (2005, Suspense) Jodie Foster, Peter Sarsgaard.		Nip/Tuck "Damien Sands" (N)		(:05) Nip/Tuck "Damien Sands"								
	HGTV	Small Space	If Walls Could	House Worth?	House Hunters	Designed to Sell	My Kitchen	Decorating Cents, Ideas Under \$100		House Hunters	Secrets That Sell	House Worth?	Hidden Potential			
	Family	8 Simple Rules	8 Simple Rules	★★ "Snow" (2004, Comedy-Drama) Tom Cavanagh, Ashley Williams.		"Santa Baby" (2006, Comedy) Jenny McCarthy, George Wendt.		The 700 Club								
	History	American Eats "Beer" Beer.	Modern Marvels: Distilleries 2	Modern Marvels: Deep Freeze		The Universe "Cosmic Holes" (N)		The Universe "Alien Planets"		Dogfights "P-51 Mustang" (N)						
	Lifetime	Reba	Reba	Still Standing	Still Standing	Reba	Reba	"Holiday Wishes" (2006, Drama) Amber Benson.		Will & Grace		Will & Grace				
	MTV	America's Next Top Model	America's Next Top Model	America's Next Top Model		A Shot at Love With Tila Tequila		A Shot at Love With Tila Tequila (N)		Shot at Love		Tila Tequila				
	NICK	Drake & Josh	Drake & Josh	Zoey 101	Ned's School	Drake & Josh	Full House	Home Improve.		Home Improve.	George Lopez	George Lopez	Home Improve.	Roseanne		
	SCI FI	Stargate SG-1 "Icon"		Tin Man DG travels on the old brick road. (Part 2 of 3)		Tin Man (Series Finale) (N) (Part 3 of 3)		Tin Man (Part 3 of 3)								
	SPIKE	CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		UFC Best of 2007 Ultimate Fighting Championship highlights from the past year. (N)								
	TBS	Friends	Every-Raymond	Every-Raymond	Every-Raymond	Family Guy	Family Guy	Family Guy	Family Guy	The Office	The Office	Frank TV (N)	Sex and the City			
TLC	Flip That House	Flip That House	Flip That House New challenges.		London Ink (N)		Miami Ink Drag-racing school.		Miami Ink Florida Marlins design. (N)		Miami Ink "New Artist Search"					
TNT	Law & Order "Gov Love"		Law & Order "Fame" (DVS)		Cold Case "The Goodbye Room"		Cold Case "Shuffle, Ball Change"		The Closer "Next of Kin"							
USA	Law & Order: Special Victims Unit		Law & Order: Criminal Intent "Grow"		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		★★★ "Elf" (2003, Comedy) Will Ferrell, James Caan, Bob Newhart.							
VH1	I Love New York Psychology test.		I Love New York		40 Dumbest Celeb Quotes Ever		★★★ "High Fidelity" (2000) John Cusack, Iben Hjejle. Premiere.									
SPAN	TELEM	Daniela	Noti-Telemndo	12 Corazones	Madre Luna		Victoria		Pecados Ajenos		Noti-Telemndo	Titulares y Mas				
	UNIV	Que Locura	Noticiero Univ	Yo Amo a Juan Querendón (N)	Amar sin Limites (N)		Pasión (N)		Cristina "Destilando Amor".		Primer Impacto	Noticiero Univ.				
	ESPN	SportsCenter (Live)	College Basketball Jimmy V Classic -- Kansas State vs. Notre Dame.	Gamenight		College Basketball Jimmy V Classic -- Memphis vs. USC. From New York.		SportsCenter		Baseball Tonight						
ESPN2	Chasing Glory	Football Live	College Basketball North Carolina at Pennsylvania. (Live)		NBA Coast-to-Coast (Live)		SportsCenter		Baseball Tonight							
CSN	SportsNite	SportsNite	Sport Science	College Basketball Texas at UCLA. (Taped)		SportsNite (Live)		Washington Post Live								
NEWS	CNN	(4:00) The Situation Room		Lou Dobbs Tonight		Out in the Open		Larry King Live		Anderson Cooper 360						
	FNC	Special Report		The Fox Report With Shepard Smith		The O'Reilly Factor		Hannity & Colmes		On the Record-Van Susteren		The O'Reilly Factor				
	MSNBC	Tucker		Hardball		Countdown With Keith Olbermann		Live With Dan Abrams		Why They Run		Why They Run	The Runaways Golden Gate Park.			
	AMC	★★ "Speechless" (1994, Romance-Comedy) Michael Keaton. 'PG-13'		★★★ "The Wedding Planner" (2001) Jennifer Lopez. Premiere. 'PG-13'		★★★ "The In-Laws" (2003, Comedy) Michael Douglas. 'PG-13'										
TCM	(5:30) ★★★ "I Am a Fugitive From a Chain Gang" 'NR'		Festival of Shorts		★★★ "The Elephant Man" (1980, Biography) John Hurt. 'PG'		(:15) ★★★ "Becket" (1964) Richard Burton, Peter O'Toole. 'PG-13'									
HBO	(:15) ★★ "Just Like Heaven" (2005) Reese Witherspoon. 'PG-13'		★★ "Alpha Dog" (2006, Crime Drama) Bruce Willis. 'R'		Costas NOW (N)		Mayweather		Mr. Warmth							
MAX	(5:45) ★★ "Hot Shots! Part Deux"		(:15) ★★ "Superman Returns" (2006) Brandon Routh. The Man of Steel faces an old enemy. 'PG-13'		★★★ "Hollywoodland" (2006, Mystery) Adrien Brody, Ben Affleck. 'R'		"R"									
SHOW	Love Comes		★★ "Meet the Applegates" (1990) Ed Begley Jr. 'R'		Brotherhood (iTV)		Dexter (iTV)		★★★ "Fall From Grace" (2007) 'NR'		(:15) ★★ "Strangers With Candy"					
TMC	(5:55) ★★ "Blown Away" (1994, Suspense) Jeff Bridges. 'R'		"Dead Mary" (2007) Dominique Swain. 'NR'		(:45) ★ "The Zodiac" (2005, Suspense) Justin Chambers. 'R'		★★ Edmond 'R'									
STARZ!	(5:35) ★★★ "O Brother, Where Art Thou?" (2000) [CC]		★★ "Open Season" (2006) Voices of Martin Lawrence.		★★★ "Eight Below" (2006, Adventure) Paul Walker. 'PG'		(:05) ★★ "The Quiet" (2005) 'R'									
ENCORE	(4:30) Housequest		(:20) ★★ "The Truth About Cats and Dogs" (1996) [CC]		★★★ "Waiting to Exhale" (1995) Whitney Houston. 'R'		(:05) ★★ "Fallen" (1998, Suspense) Denzel Washington. 'R'									

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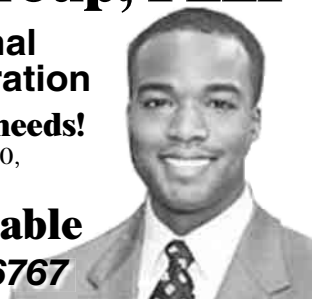
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renov, 4BR 2.5BA colonial. 2car gar, nw crpt & kit.
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Classifieds

RENTALS

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HOUSES FOR SALE

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DISTRICT HTS/Holly Hills \$158,950 ALL CLOSING PAID— 2BR 1BA condo w/huge balc \$500 moves you in. **L. Burton, Re/Max One, 301-335-7687.**

FORESTVILLE—\$200K. 3BR, 1FBA, Quiet street. Call Tarlice Smalls, 301-775-1294 C. or 301-560-6700. Exit Premier Realty

Laurel \$289,000
WAY BELOW MARKET!
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MITCHELLV - \$15k grant, 3lvl gar TH, \$40K belw mkt. \$365,000. Michelle, 410-308-6681

OAK HILL/HERNDON—Almost 1/2 ac., 5BR 3BA, in the Oakton High pyramid, 2-car gar., renov. kit. in 2007. \$599K. FX6598942 Carter RE 703-587-4575

SE Lovely TH. 3BR 2F, 2H BA. LR. formal DR. country kit., fin bsmt. deck, garage. Call Joyce Elam at 301-918-3441. Re/Max Allegiance.

Silver Spring- Semi det 4BR + fin attic. 2BA. C AC. LR. DR. Crpted. D/W. W/D. Deck. Fenc yrd. Off st prking \$1,550 240-463-9549

UPPER MARL \$261,900
3br, 3 FB, 1HB 3 lvl TH, full bsmt, w/ko lvi, Cheryl March Exit Premiere Rlty, 301-806-8117; 301-560-6700 x1103

UPPER MARLBORO/LARGO— Below mkt, 3 BR TH. \$233K. \$21k Grant + spec program. Joan, 703-945-2767

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McLean, VA- Retail, 1040 SF. George, 703-821-2796, brokers welcome, no restaurants.

CARS

Cadillac 1999 Seville — STS, \$5900 obo, Excellent cond, 134k mi, Off White int, Silver ext, 4 dr, 540-270-9201

RENTALS

Ford 2006 F150 — XLT Styleside SuperCrew, \$24900.00 obo, Excellent cond, Loaded, 23k mi, Tan int, 443-336-5803

Ford 2005 Mustang — Excellent condition, Dealer cared for and oiled with mobil 1 every 3500 miles. GT, \$17,500, Excellent cond, 35k mi, Gray int, Silver ext, 2 dr, DVD, Mem Seats, Lthr int, 240-475-8813

Ford 2005 Escape — XLT, \$12,995 obo, Excellent cond, 54k mi, Gray int, Silver ext, 5 dr, Lthr int, Sunrf, 202-288-2311

Ford 2001 Focus — SE Wagon, \$4900, Good cond, 61k mi, Blue ext, 5 dr, CD, A/C, 301-718-2671

Honda 2005 CR-V — EX, \$17,000, Good cond, 37k mi, 4WD, Black, Wtint, Cruise, Mnrf, alloy wheels, 6CD, tow hitch, ABS, 703-533-1830

Honda 2003 Odyssey — EX-L GPS Nav, \$15500, Mint, 75k mi, 1 GMa ownr, Garag, Dealr servd w records, Blue, Htd Seats, 703-503-5123

Honda 2003 Civic Hybrid — \$14,000 obo, Beige 4 dr, 5-speed manual v-good cond. less than 45K mi, A/C, CD, pwr locks/win. 703-587-6231

Honda 2001 Civic — EX, \$5500 obo, Good cond, 162k mi, Black int, Silver ext, 2 dr, DVD, Mnrf, ABS, fog lights, 703-838-1655

Honda 1997 Civic — DX, \$2950.00 obo, 4dr, auto, a/c, 2nd tmg belt, good cond, 219k all hwy mi, all mtn records, p/s, p/b. 301-520-9681

Lexus 2007 RX 350 — \$36,900, AWD, 14k mi, NAV, Prem pkg, sunrf, 6 CD, Htd Seats, Slvr w/gray int, VA insp thru 11/08! 703-349-6436

Mercedes-Benz 2000 M-Class— ML320, \$13000, Excellent cond, 83K, Navigation, Black int, Black ext, 4 dr, Lthr int, 301-523-0652

RV8 1999 Taildragger—One owner, builder, pilot. 674 TT, NDH, Hangared 2W5. Dual panel mounted GPS/Radios. IFR Cert O-360, 160 KTS@8.5 GPH. 8-8-8 \$90,000 202-368-1500

Toyota 2003 Avalon — XLS, \$18000 obo, Mint cond, 22k mi, Gray int, Gray ext, 4 dr, Htd Seats, Mem Seats, Mnrf, 703-750-2309

Toyota 2003 Tacoma — \$9900, Mint cond, 17k mi, Gray int, White ext, Cass, airbag passenger, 240-508-0774

Toyota 2001 ECHO — \$5500 obo, Excellent cond, 100k mi, Gray int, Black ext, 4 dr, Buckets, CD, airbag passenger, 571-278-1982

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*TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

Screening Science

Technology

Video-sharing sites let scientists broadcast and trade experiments

Haim Weizman is a chemist by trade and an Internet moviemaker on the side.

In his first video, a telegenic narrator in a lab coat swirls a flask as electronic music plays in the background. Created by four science and film students at the University of California, San Diego, the video shows a recrystallization experiment straight out of chemistry 101.

The six-minute epic — complete with bloopers — got 1,205 views on Google Inc.'s YouTube, but the number increased fourfold when the video was posted on SciVee, one of a number of online video-sharing startups designed to let scientists

broadcast themselves toiling in the laboratory or delivering lectures.

Fans of the niche sites say they help the lay public — and students — understand the scientific process, allow researchers to duplicate one another's results and may help discourage fraud.

"Anyone in an organic chemistry class anywhere can now perform this experiment by watching the video. There are so many details that it's hard to describe in a lab manual," said Weizman, a lecturer at UC San Diego.

Researchers who are uploading their experiments and lectures online are discovering filmmaking is more art than science. If the narrators are boring or the image is shaky, viewers will quickly learn to click elsewhere.

"Scientists are not moviemakers, so getting them to shoot their experiments and describe them properly can be a challenge," said Anton Denisov, a broadband video ana-

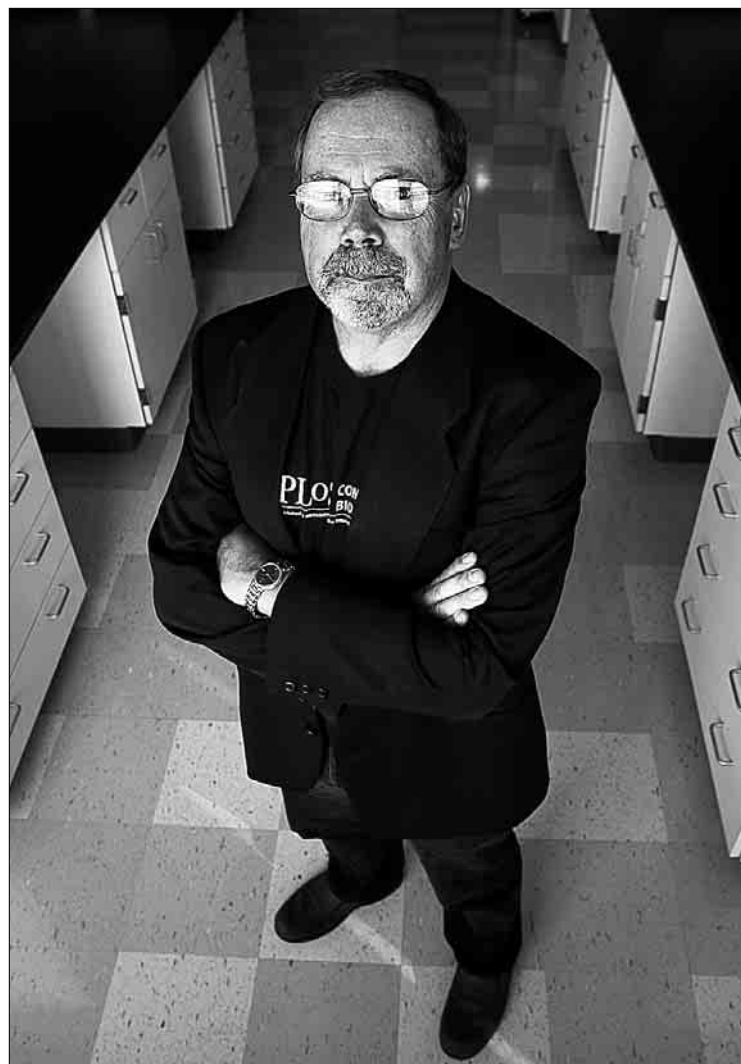
INSIDE

Posh Spice and the other four return | 38



Faux Hot: Top notch knockoff jewelry | 35

Live Online: Talking Redskins with Post | 36



YOUTUBE WITH A TWIST: Pharmacologist Phil Bourne of the University of California, San Diego, created a video-sharing site for scientists called SciVee.

lyst with the Yankee Group.

Funded by the National Science Foundation, SciVee encourages scholars with a paper hot off the

press to make a short video called a "pubcast," highlighting key points. It also accepts unsolicited submissions that have no connection to any

published work.

Phil Bourne, a pharmacologist at UC San Diego, launched SciVee this summer after seeing his students were hooked on YouTube. Bourne wanted a reputable virtual place where researchers could trade techniques without the potpourri of topics found on general video-sharing sites.

"It's quite a quantum leap for scientists to present their research in this way," Bourne said.

The age-old practice of reporting

“It's quite a quantum leap for scientists to present their research in this way.”

PHIL BOURNE, SCIVEE FOUNDER

scientific results in peer-reviewed journals or at scientific conferences isn't going away soon, though.

Most journals with online editions are taking a wait-and-see approach about YouTube-type videos, although many routinely add podcasts and other media to accompany papers.

"This is an area we're extremely interested in, but we're still in the embryonic stage," said Stewart Wills, online editor of the journal Science. ALICIA CHANG (AP)



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Venison's Ins and Outs

Education

Class gives hunters and cooks hands-on lessons about deer

The dead deer's innards are exposed by a perfect neck-to-belly incision. It's time for Dave Wolfgang's students to dig in.

"Who would like to take the hearts and lungs out?" the Penn State veterinary professor asks four volunteers wearing aprons and thick rubber gloves.

Venison 101 isn't for the faint of heart.

For \$99, a hunter, cook or anyone who is curious can spend a day at Penn State's meat laboratory to learn the ins and outs of what to do with a prized carcass.

After an awkward moment of bashful looks and silence, Wolfgang's volunteers go to work.

"It was great!" says Janet Huber, a sheep and cattle farmer from Bedford. "You really learn a lot in this class."



Chef Bill Laychur gives a lesson during Penn State University's venison 101 class.

The daylong session covers everything from dressing and skinning a deer to slicing and dicing the carcass for steaks and sausage.

Class organizer Catherine Cutter helps teach a section on canning and making jerky. An outgoing chef

who could be mistaken for a Food Network personality offers lessons on cuts of meat and grilling.

All for the sake of venison.

"You can't really take this on the road," says Cutter, a food science professor. The hands-on experi-

"I wanted to be able to process my own meat and be more independent."

JIM ANDERSON, VENISON 101 STUDENT

ence, she says, is what makes the class stand out.

"You guys are all stabbing it like you're street fighting," Bill Laychur, the university's executive chef, complains as participants struggle with cutting up a beef shank in a kitchen. Dairy calves are used in this session because they are cheaper than venison.

Like deer season, the class comes around just once per year, usually in late September at the university meat lab across the street from Beaver Stadium.

The payoff comes at the height of deer hunting season. Jim Anderson, a 41-year-old from Grove City, took part because he wanted to try handling a deer on

his own this year.

"We've always had other people process the meat and take care of it," says Anderson, a father of three boys. "I wanted to be able to process my own meat and be more independent."

To get to the hands-on stuff, the class of 28 first must sit through informative, though sometimes dry, morning lectures. A notepad and caffeine are both needed.

After two hours of talk about the history of hunting and deer pathology, it's off to another room where Wolfgang and the four volunteers dress the deer. The other students huddle around, watching intently.

Then assistant lab manager Jason Moon and a second butcher, both in long white coats, go to work cutting up the carcass as it hangs from hooks in the ceiling.

To keep it real, Moon pretends the deer had been shot in the woods, though it was really a sick deer euthanized at a university research pen.

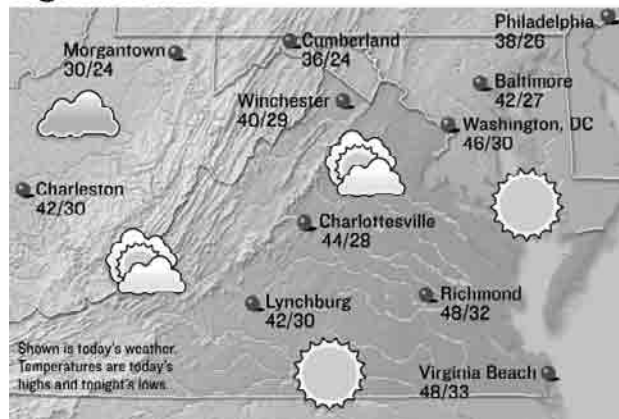
"Killed a pretty nice buck here, going to share it with friends," Moon says as he rubs two knives together. "Now it's time to skin them."

It might not seem like the right lesson to have right before lunch, but that's how the schedule worked out. Venison stew and chili were on the menu. GENARO C. ARMAS (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly sunny, breezy	Partly cloudy	A bit of afternoon snow	Mostly sunny, cold	Mostly cloudy, chance of rain	Mostly sunny
46°	30°	42° / 30°	35° / 31°	45° / 37°	47° / 34°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2007

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	53°
Low	43°
Normal high	51°
Normal low	35°
Average humidity	48%

Precipitation

24 hours ending 4 p.m.	0.30"
Month to date	0.30"
Normal month to date	0.30"
Year to date	29.95"
Last year to date	46.27"
Normal year to date	36.60"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

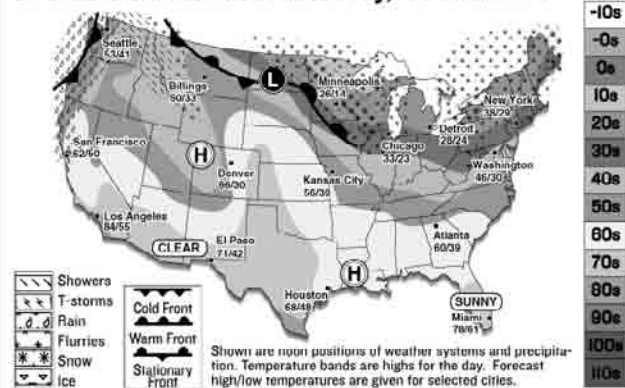
D.C. Metro: Today, mostly sunny, breezy. High 46. Wind northwest 12-25 mph. Tonight, partly cloudy. Low 30. Wind northwest 3-6 mph.

Sun and Moon

Sunrise today	7:10 a.m.
Sunset tonight	4:46 p.m.
Moonrise today	2:25 a.m.
Moonset today	1:42 p.m.

New	First	Full	Last
Dec 9	Dec 17	Dec 23	Dec 31

National Weather for Tuesday, December 4



National Cities

City	Today	Wed.
Atlanta	60/39/s	60/41/pc
Boston	36/24/pc	35/22/pc
Chicago	33/23/sn	28/19/st
Dallas	70/49/s	69/49/s
Denver	66/30/pc	50/24/pc
Honolulu	82/74/sh	79/69/r
Los Angeles	84/55/s	73/52/s
Miami	78/61/s	79/62/s
New York City	38/29/pc	36/29/sn
Orlando	70/44/s	73/50/s
Seattle	53/41/r	46/35/c

World Cities

City	Today	Wed.
Amsterdam	46/43/sh	50/45/r
Athens	61/48/sh	57/48/r
Berlin	39/34/r	45/36/c
Buenos Aires	77/55/t	77/57/s
Calgary	20/7/c	14/-2/sn
Dublin	57/45/r	52/43/sh
Geneva	46/36/sh	52/40/pc
Moscow	34/28/sn	31/27/sn
Rome	58/38/pc	56/43/s
Sydney	77/68/t	72/64/t
Tokyo	56/41/pc	54/42/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, st-snow flurries, sn-snow, i-ice.

Styles

Look
out

Sham, Glam

Knockoffs become knockouts as faux jewelry improves

No room on the credit card for Chopard accessories? No matter. This holiday season, costume jewelry just might be the smartest gift.

With fashion houses such as Yves Saint Laurent, Louis Vuitton and Christian Dior turning out sophisticated designs (some of which cost as much as the real thing), the stigma of fake jewelry is gone. Today, it's not uncommon to see the most chic women mixing fine and faux in the same outfit.

The greatest pieces for the holidays are coming from the most unlikely places. Chain stores are producing jewelry with substantial weight and stones that don't feel as if they'll come loose after a few wearings.

Brightly colored jewelry will add pop to everybody's favorite party staple, the little black dress. J. Crew has a selection of fabulous 1960s-era

Today, it's not uncommon to see the most chic women mixing fine and faux in the same outfit.

Palm Beach pieces that don't seem out of place even for winter. A hand-painted bangle in purple and bubble-gum pink costs \$68. With its loud colors and circular pattern, it's all the accessory you need. A dangling cabochon bracelet, \$125, with beaded balls that orbit the wrist is also a knockout in bright yellow, a color that will transition into spring.

Encrusted in pearls and red and green stones, Anthropologie's faceted bangles are festive. Try the wide size (\$148) layered with an armload of gold bangles.

Even Ann Taylor has fashionable baubles, such as a hinged white enamel bangle (\$48) with gold details that look Egyptian and Art Deco at the same time. Try one on each wrist, a la Norma Desmond in "Sunset Boulevard."

Cocktail rings make a perfect conversation piece for a party, and Lia Sophia has several stunners in the Art Deco genre. A white enamel buckle ring with peridot crystal, \$125, is unusual



Real? Fake? Who cares? Bejeweled bangles, above, and a yellow cabochon charm bracelet, below, bring bling.

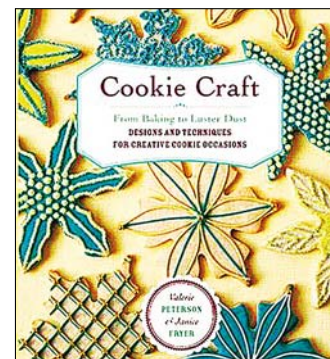


enough to stand the test of time, as is a stair-step-cut crystal ring for \$150. Lia Sophia is a direct-sales jewelry company; visit Liasophia.com to find a salesperson in your area.

At Forever 21, accessories are cheap enough to buy by the dozen. A gold-colored ring with randomly placed round rhinestones has a nice shape and shine and an even nicer price; it's just \$4.80.

One for you, two for me. MELISSA MAGSAYSAY (LOS ANGELES TIMES)

Home



The Cook Crumbles

Word to the wise: Thumb through **COOKIE CRAFT** (\$19, Storey) after eating. Otherwise, the pages packed with sugary confections will turn you into an insatiable cubicle cookie monster. Those who like to get their hands doughy, regardless of skill level, can find a manageable project here. For the master, there's the Santa Sleigh Centerpiece ("Fill the sleigh with black licorice candies to resemble coal!"); baking beginners can learn piping preparation techniques and find yummy recipes, like the one for rolled chocolate cookies. KRIS CORONADO (EXPRESS)

Beauty



White Brights

High-end makeup brushes are obscenely expensive. For those who don't buy them, \$14 for a single implement may sound outrageous—but when a Smashbox powder brush normally goes for \$48, \$84 for a set of six sounds like a bargain, because it is. **THE BEYOND BEAUTY ENCOUNTER BRUSH KIT**'s (Smashbox.com) sextuplets snap into a hard-sided zipper case; each has a Lucite handle and beautiful white bristles, which will soon become a muddled brown from use, so enjoy them now. HOLLY J. MORRIS (EXPRESS)

Look out Online



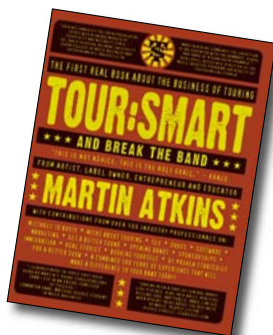
readexpress.com

site specifics

ENTERTAINMENT

On the Road Again

Post-punk renaissance man Martin Atkins runs a recording studio and a record label, and his new book, "Tour: Smart," is based on a class he teaches at Chicago's Columbia College. Express contributor Johnathan Rickman spoke with Atkins before his lecture and DJ gig at Five on Thursday. | com-



SOUND BETS

Music for Your Eyes

You've become musically boring. Your iPod is as spontaneous as a school cafeteria menu. We can help. Every week-day, Readexpress.com features music videos at the bottom right of our home page. Today, it's Adjagas and Elvis Perkins. Enjoy. | ONLINE NOW

STAGE

A Less-Than-Noble Reign

Christopher Marlowe's play "Edward II" has been bracingly revived at the Shakespeare Theatre's new Harman Center for the Arts. Express' Jennifer Barger reviews the show, which is as much about political maneuvering as it is about the question of Edward's sexuality. | ONLINE NOW



comment board

“He'll probably get back to the heights of popularity he enjoyed before the [racial comments] incident.”

COMMENTER AUA, WHO ADDED, "HE'LL JUST CALL UP ALL 10 OF HIS REGULAR LISTENERS AND LET THEM KNOW HE'S BACK ON THE AIR."

“He will do like Howard Stern ... get a new multimillion-dollar deal where he won't be censored and be more popular than ever before.”

COMMENTER ANGEL, WHO ADDED, "NOW MORE PEOPLE WILL TUNE IN TO HEAR WHAT HE SAYS NEXT."



“Considering most people my age didn't know who he was before his infamous comments, and now everyone knows he is going back on the air, it is safe to say 'yes.'”

COMMENTER ANNIEMAL, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "CAN DON IMUS REGAIN THE POPULARITY HE ENJOYED BEFORE HE WAS FIRED?"

poll center

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YESTERDAY'S RESULTS (AS OF 5 P.M.)

CAN DON IMUS REGAIN THE POPULARITY HE ENJOYED BEFORE HE WAS FIRED?

YES 53%

NO 47%

SEE HOW YOUR METRO STATION VOTED AT [READEXPRESS.COM/POLLCENTER.PHP](http://readexpress.com/pollcenter.php)



“The microwave blew itself out. ... So, I had a sandwich. ... My youngest brother didn't even know you could heat [food] in the oven.”

COLLEGEGRADREALWORLD.BLOGSPOT.COM DISCUSSES LIFE WITHOUT A MICROWAVE.



SASCHA SCHUERMANN/AP/GETTY IMAGES

“Katie Holmes got a stunning new haircut. ... She looks like a mannequin, not a real girl. I guess that's just the way Tom Cruise likes her.”

DANASDIRT.COM CRITIQUES KATIE HOLMES' CURRENT HAIRSTYLE, WHICH WAS ON DISPLAY AT A GERMAN AWARDS CEREMONY AT WHICH CRUISE RECEIVED AN AWARD FOR "COURAGE."



Discussions

Redskins Report

Post NFL editor **CINDY BOREN** was online Monday and discussed the Redskins' Sunday loss to the Buffalo Bills, Joe Gibbs and what's up next for the team.

What a somber couple of days. May we not see the likes of this for a very long time. Has the game passed Gibbs by, or is he just not getting it anymore? I fear it is time for him to resign.

The only way Gibbs leaves is on his own terms. We'll have to see what he reveals about his thought pro-

cess (in light of Sean Taylor's death and that loss) over the next couple of weeks. I don't think he'll resign, though. I think he'll be even more determined to lead the team next year.

Gibbs is getting hammered for the timeout blunder at the end of game, as he should. But what about the decision to run the ball on 3rd and 8 with less than 2 minutes to go?

There have been several comments about the play-calling, and I agree it was pretty mystifying. It seems the Redskins run the ball counter-intuitively. I'm not sure if that's sheer cussedness or just inattention to detail. It's painful to watch the team in the red zone and on third down.

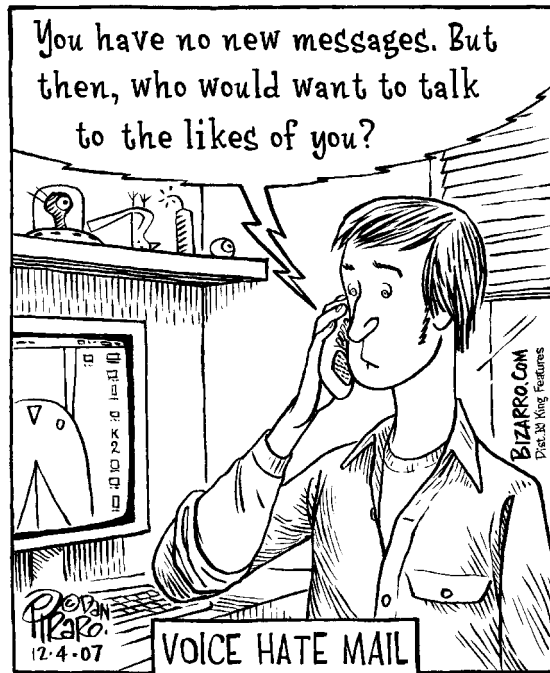
There's a problem at the RB position, yes? Portis just isn't what he used to be — a speed back who depended on cutting. With the knee injury, it's unlikely he'll return to form. I envisioned much more of a platoon situation with Betts and Portis, but Betts appears to be in the doghouse now.

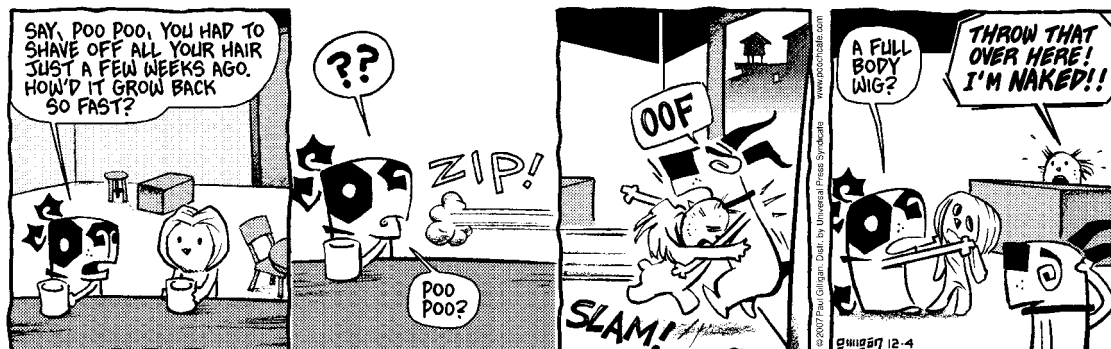
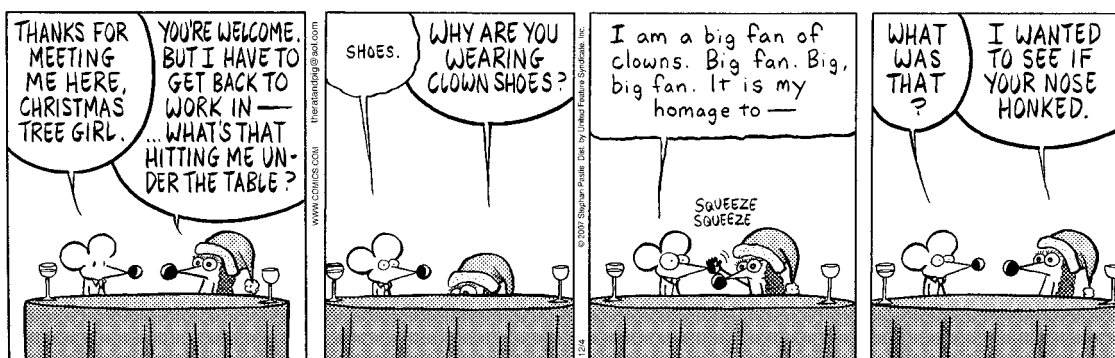
They never seemed to dedicate themselves to the platoon, did they? Practically every other team in the NFL, had a 1-2 punch, big RB-small RB, and it worked. I think you might be right about Portis.

TODAY ON DISCUSSIONS: Mike Musgrove, author of the Post's At Play column, discusses the top video game gifts for the holiday season at 1 p.m. | washingtonpost.com/discussions.

DO

BELIEVE YOU'RE NOW PAYING HIGHER TAXI FARES, D.C. The D.C. Taxicab Commission took emergency action two weeks ago to reinstate a \$1 gas surcharge for trips within the District. The increase took effect Nov. 30 and is set to run through Jan 29, 2008.

Bizarro | Dan Piraro

Cornered | Mike Baldwin

Pooch Cafe | Paul Gilligan

Pearls Before Swine | Stephan Pastis

The Duplex | Glenn McCoy


Horoscope

By Stella Wilder

SAGITTARIUS (Nov. 22-Dec. 21) You may be turning from something that you can rely on in order to focus an inordinate amount of attention on something far more risky.

CAPRICORN (Dec. 22-Jan. 19) You may have trouble listening to others until you have said your piece — but be sure your opinions are tempered for all to hear.

AQUARIUS (Jan. 20-Feb. 18) You're going to need a little quiet time in order to get your mind settled and to concentrate on important issues that arise.

PISCES (Feb. 19-March 20) No one has told you that you have to do things any particular way. Try to find your own style, and it will serve you best of all.

ARIES (March 21-April 19) They say that talk is cheap, but you'll gain much more than you bargained for with a few choice words spoken at just the right times.

TAURUS (April 20-May 20) This is a good time for you to renew a promise

to a special friend who may be feeling as though you don't care as much as you once did.

GEMINI (May 21-June 20) What seems like a routine affair is likely to hand you a surprise or two before the day is out. You must trust a friend to set you straight.

CANCER (June 21-July 22) You may find it far more difficult to get along with the kinds of people who are actually indispensable. You need them to succeed.

LEO (July 23-Aug. 22) Let your instincts and your keen eye lead you through the day. Don't try to get too intellectual about the things you will encounter.

VIRGO (Aug. 23-Sept. 22) News you have been waiting for comes to you through the grapevine. You may doubt its validity, but your instincts tell you all is well.

LIBRA (Sept. 23-Oct. 22) Something that may have been unbelievably difficult the last time you gave it a try proves much simpler. Guess what — you're learning.

SCORPIO (Oct. 23-Nov. 21) That which seems unlikely need not be feared, but you must certainly prepare for it regardless of your own doubts that it will come to be.

Letters

What Is This — Playboy?

I WAS DISAPPOINTED In the full-page ad for H&M on Page 5 of Express on Friday and the titillating picture

of a pregnant Christina Aguilera in Thursday's paper ("Fragile Fans Are Traumatized Again"). I prefer to read your paper without having to view these types of pictures.

—DAVID THOMPSON
Via e-mail

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

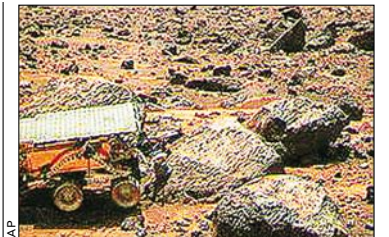
1783 Gen. George Washington bids farewell to his officers at Fraunces Tavern in New York.

1816 James Monroe of Virginia is elected the fifth president of the United States.

1875 William Marcy Tweed, the "Boss" of New York City's Tammany Hall political organization, escapes from jail and flees the country.

1942 U.S. bombers strike the Italian mainland for the first time in World War II.

1978 San Francisco gets its first female mayor as City Supervisor Dianne Feinstein is named to replace George Moscone.



The Mars Pathfinder began its 310 million-mile journey on this day in 1996.

1996 The Mars Pathfinder lifts off from Cape Canaveral and begins speeding toward Mars on an odyssey of 310 million miles.

1997 The NBA suspends All-Star Latrell Sprewell of the Golden State Warriors for one year for choking and threatening to kill his coach, P.J. Carlesimo, three days earlier.

LOOK out People



SUSAN WALSH/AP

"In fact, children power my Prius now."

SCIENCE

Children's Energy a Clean, Abundant Fuel Source

STEVEN VAN ZANDT, who developed a curriculum to teach the history of rock, says, "Look at kids going to school ... and taking that energy from the music ... and taking that energy into their other classes." Van Zandt is the founder of the Rock and Roll Forever Foundation. (AP)

FOOLISH

Fate Looks Up From Book, Decides Not to Be Tempted

Four years after retiring, **SIEGFRIED FISCHBACHER** and **ROY HORN** say they may return. "The stage is my life. I was really not ready for it," Fischbacher said of retirement. Their show ended in 2003, when Horn was injured by a tiger. (AP)



FREDERICK W. BROWN/GETTY IMAGES

WHINE

Pity Party Invite!

An angry **JENNIFER LOVE HEWITT** is defending her curves after photos of her in a bikini were ridiculed on the Internet. "To set the record straight, I'm not upset for me, but for all the girls out there that are struggling with their body image," she wrote on her Web site. "A size 2 is not fat! Nor will it ever be." (AP)

FUTURE

Brad Pitt Must Begin Pondering His Legacy

BRAD PITT expects the foundations to be built for at least 150 eco-friendly homes in New Orleans' Lower 9th Ward by the end of next summer. "I'm hoping we can ... expand over into the rest of New Orleans," he said on the "Today" show. The Make It Right initiative is Pitt's latest effort to help



Where will the Brad Pitt Library ultimately be?

the area recover from Hurricane Katrina. Pitt has also worked with Global Green USA to build five homes and an 18-unit apartment complex and community center; earlier this year, he and Angelina Jolie purchased a mansion in the city's French Quarter for \$3.5 million. (AP)

FAILURE

Animatronic Spice Girls Appear Lifelike, Sound Fake

THE SPICE GIRLS kicked off their reunion tour Sunday in Vancouver, the first time all five members have toured together in almost 10 years. They opened with their signature song, "Spice Up Your Life," followed by "Stop" and "Say You'll Be There." The show was the first with all five of the original group since Geri "Ginger Spice" Halliwell quit to pursue a solo career in 1998. They broke up in 2001. (AP)



Disney Imagineers worked for eight years to create this Posh Spice replica.



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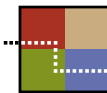
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LOOKout

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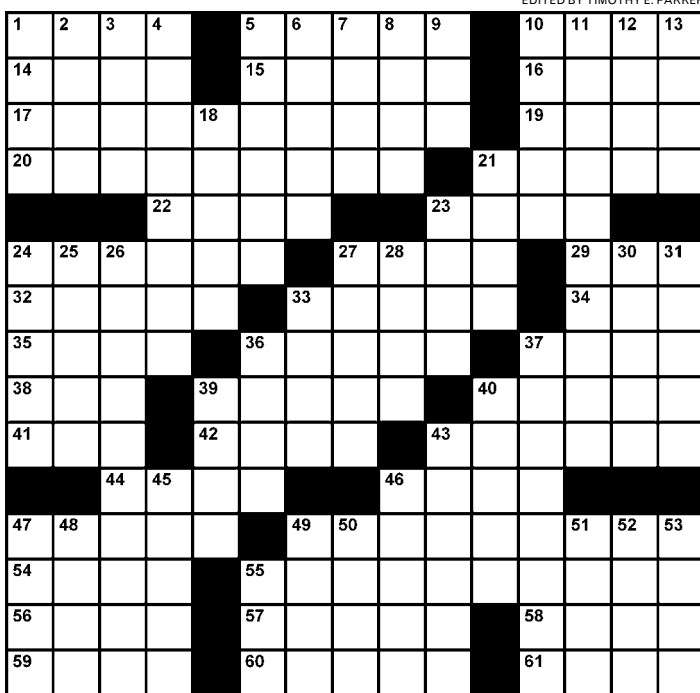
ACROSS

- 1 Updo or ponytail, e.g.
5 Where "Falstaff" premiered in 1893
10 Orchestral instrument
14 Ponte Vecchio's river
15 Avoid
16 Cattle encourager
17 Character in a Lehar work
19 Mozart's "___ kleine Nachtmusik"
20 Word in a Tom Hanks film title
21 Liver, for one
22 Wilbur Post's horse
23 Bryce and Zion locale
24 Repeated exactly
27 Its capital is Bamako
29 First X
32 Certain skirt material
33 Jackson and Winslet
34 Reconstruc-
tion, for one
35 Engrossed
36 Dugout vessel
37 Some whiskeys
38 Second sight, for short
39 Sturdy fabric
40 Vista or Park
41 "...where is ___ sting?"
42 Subject of study
43 Gets
cheeky with
44 Unnerve
46 Truck stop entree

- 47 Martin or Lawrence
49 Honduras neighbor
54 Fizzy drink
55 Flag for Blackbeard
56 "Good for what ___ you"
57 Like some circles
58 Clean a pipe
59 Sheep sound
60 Bad news beasts?
61 Descry

DOWN

- 1 Some rotating parts
2 Baseball great
Hershiser
3 Concerning, to a lawyer
4 First in order
5 Whimpered
6 Like Princeton walls
7 Ones
wearing knickers
8 Bustling commotions
9 Never used
10 It may be light or grand
11 1934 Shirley Temple film
12 O'Neill, Charlie's wife
13 First place
18 WWI battleground
21 Elevator man
23 Peter Fonda title role
24 White-plumed heron
25 Word with "dive" or "land"

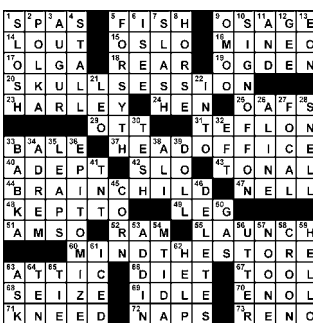


EDITED BY TIMOTHY E. PARKER

- 26 Stage musical, with "The Most"
27 Craze
28 Basic building block
30 "Goodnight" lady
31 Spanish houses
33 Welles character
36 Part of a bird's beak
37 Presidential mount
39 Stupor
40 More despicable

- 43 Dionysian attendants
45 "Halt!" to a salt
46 In better health
47 Strike-breaker
48 ___ and trouble
49 Decamped
50 A human arm bone
51 Quite a spell
52 Word with "quantum"
53 A type of armed service
55 Triangular sail

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su/doku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

8	2	6	3	7	4	1	5	9
5	9	7	6	1	2	3	8	4
4	1	3	5	8	9	6	2	7
7	3	2	9	6	5	4	1	8
1	6	5	2	4	8	7	9	3
9	8	4	7	3	1	5	6	2
6	5	8	4	2	7	9	3	1
2	7	9	1	5	3	8	4	6
3	4	1	8	9	6	2	7	5

9	3		8	6				
		8		3				
	4				1	5		
6		3			9	4		
2								5
		4	6			3		9
		2	1				6	
			6		9			
			7		8		4	2

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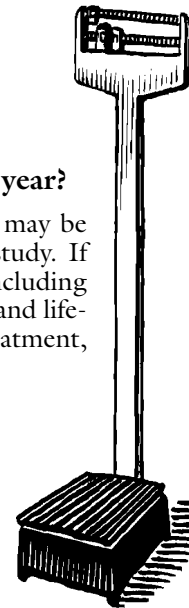
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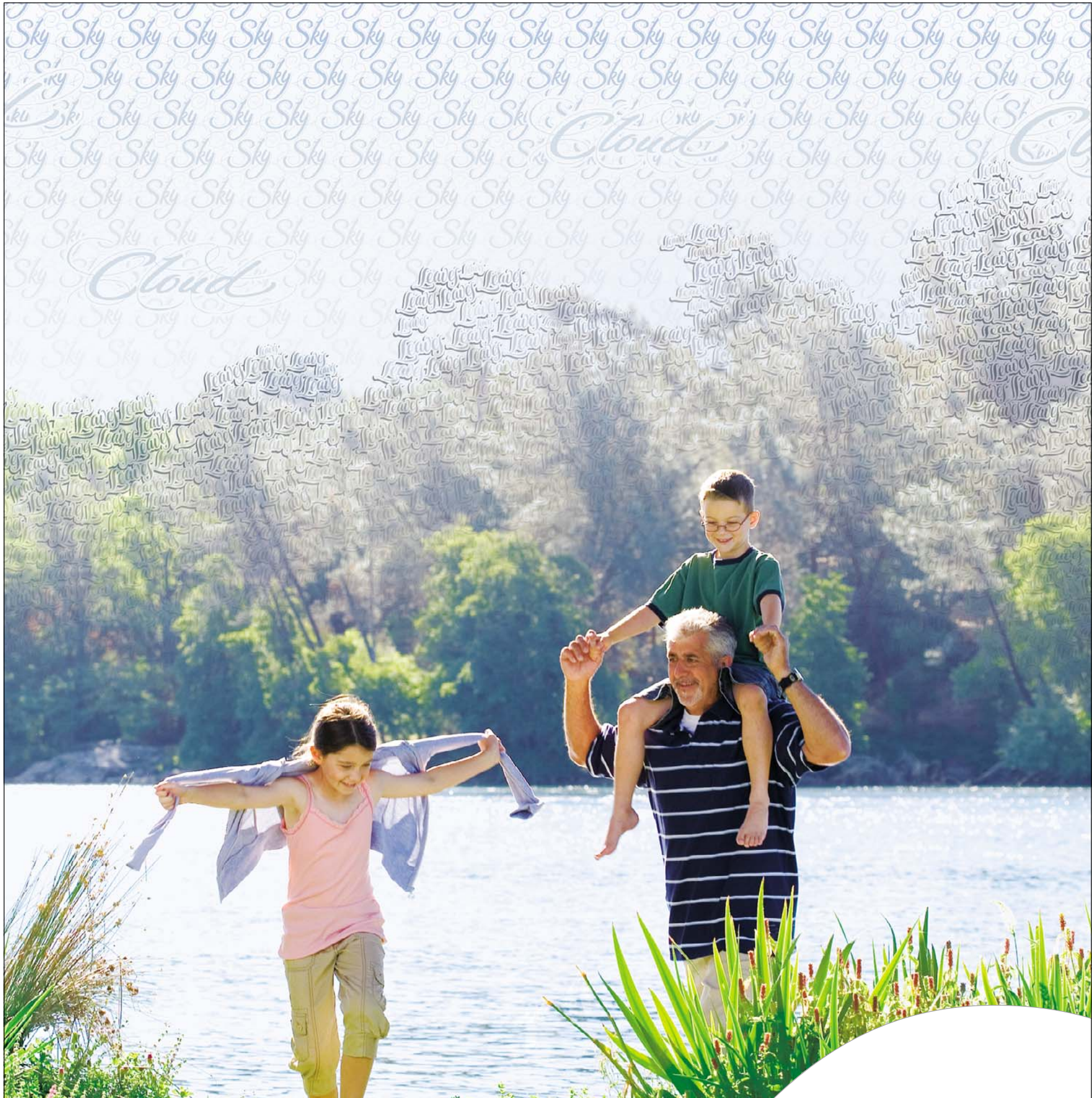
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CIRCULATION: 202-334-6992 OR CIRCULATION@READEXPRESS.COM | ADVERTISING: 202-334-6025 OR ADS@READEXPRESS.COM | CLASSIFIEDS: 202-334-6200





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fit



Bleaching might not be a bright idea for some people **E10**

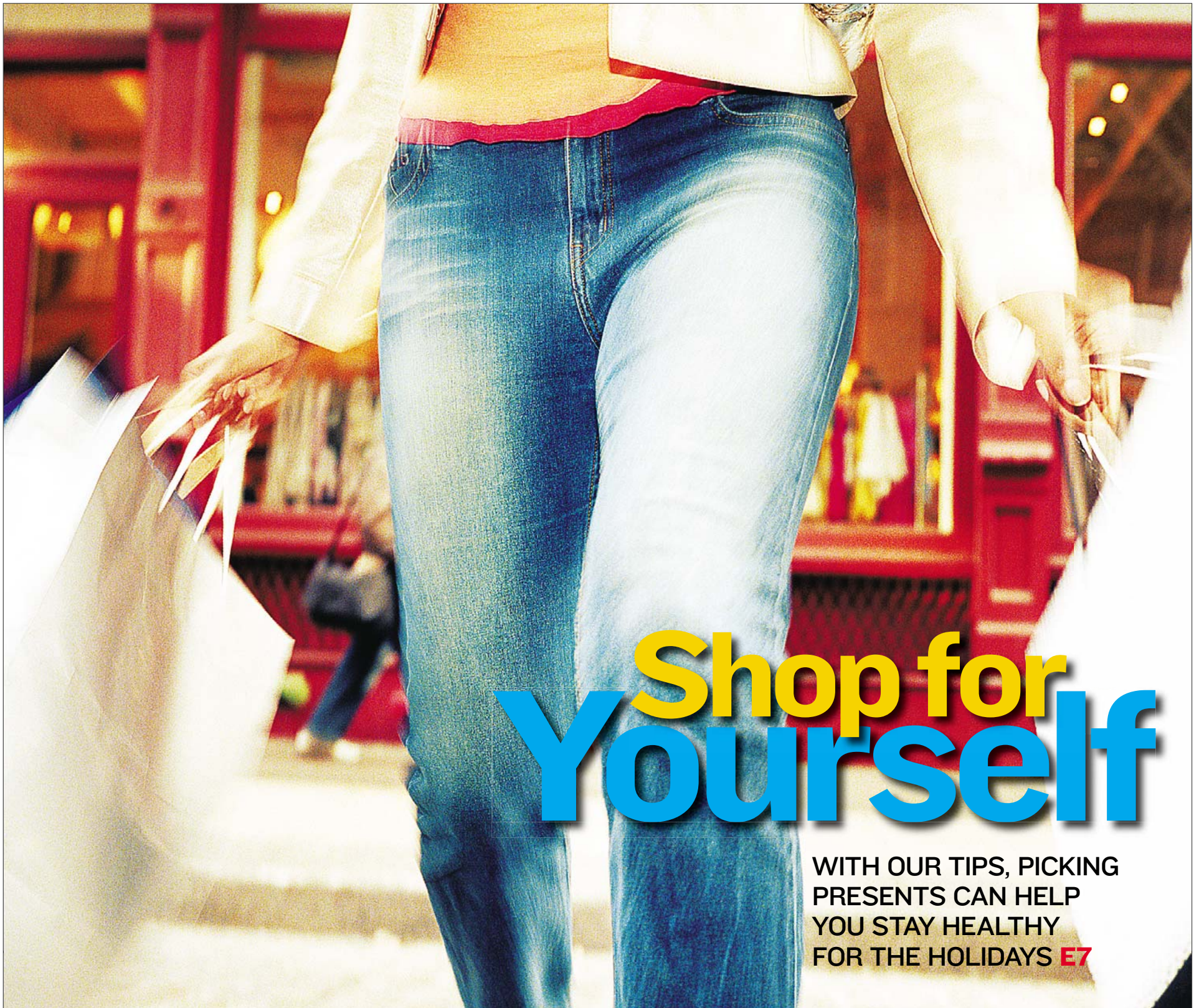
Sipping alcohol-free wine could be healthier, but not tastier **E11**



Make your guests sweat a bit at your holiday soiree **E4**

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GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Rehab Can Take Time — Just Ask Lohan

Q My brother has been in and out of drug rehabilitation programs throughout most of his teenage/adult life. I do not happen to believe in these programs, and recently he's moved back in with my parents after once again supposedly becoming clean and sober. They say he's found some part-time employment, but they're continuing to subsidize him (money is not an issue for them) and see no problem with this endless cycle. I am fed up and considering cutting ties with them all.

— ANONYMOUS, PLEASE

Rehabilitation programs are not a big jolly man in a red furry suit — you don't really get a choice whether to "believe" in them or not.

There's a lot of empirical data, not to mention countless personal testimonies, that quality rehabilitation programs can lead some-



ERIC REECE

one on the road to recovery and a substance-free life. Unfortunately, not everyone has exactly the same success, and if your brother has underlying issues such as an anxiety, mood or personality disorder, or other psychological hindrances that aren't being addressed in his rehabilitation program, he's only going to have more road-

blocks getting in his way.

I can't tell whether you think he's manipulating your folks or whether you're just fed up that nothing seems to be working. Either way, right now your parents are choosing to give him the benefit of the doubt, and I don't see why you shouldn't as well. If he veers off track again, you can talk with them — and him — to try

to troubleshoot and dig deeper into how to break the cycle anew. But if he's currently doing everything right, why try to punish him and your parents?

Take Control to Keep Your Cool

Q I have been married for 39 years to a man with a very bad temper. I bought my own home about 14 years ago; however, we still talk 10 times or more on the phone every day. He has no regard for debt — he took out a second mortgage on his property to purchase another very costly home, for which he was approved by falsifying his income. He is retired (and bought a Mercedes for his present) and has loads of debt and very little savings. I let him know how I feel about what he is doing, and he flies into a rage. This is very upsetting to me, and I'm not in a position to help him out financially. Is there anything I can do to make him see that he is on the path to destruction? — HELP!

My "put it all on red!" rallying cries clearly show that I'm no financial

adviser, but that's the first person I think you need to seek out.

It doesn't take one to see how destructive and unwise his path his, of course, but it will take one (and perhaps also a lawyer) for you to get peace of mind about just what parts of his Britney Spears-esque lifestyle you might be called upon to cover when the collectors come calling. (I must admit your nearly 40-year marriage, separate houses and constant phone calls don't easily call to mind a specific category on a demographic form.)

But now for the emotional part: He is rageful and exerting a lot of control over you by making you worry about him so much, and he's leaving you helpless by not heeding your (quite valid!) concerns.

Seeking out some emotional support would be a huge help — you can't control him, but you can protect your own mental health by figuring out how to try your best to change things while still being able to fall asleep at night.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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BE A GOOD SPORT

If runners need Detour Runner bars (\$20 for box of 12, Gnc.com) and bikers need Detour Biker bars (ditto), what do triathletes eat? Both, because they're so delicious. The activity-specific lines (which also include core strength and soon-to-be-released yoga) boast specialized ingredients like ribose and rhodiola.



NOT NEED. WANT!

No matter what work throws your way, you can roll with the punches—or, at least, the four rotating nodes kneading your back—with the iNeed Lumbar Massage Pillow (\$60, Brookstone) strapped to your chair. Just plug it in for your much-deserved dose of Shiatsu.



SCENT HOME

If homesickness is making a case of the sniffles even worse, try blowing your nose on Puffs Plus with the scent of Vicks (\$2, drugstores). The non-medicated tissues supposedly revive memories of the way Mom once tended to you. Or you may just think it reeks of eucalyptus.



OFF THE MAT

Instead of encouraging viewers with the promise of a tighter tush, "Pilates for Sex" (\$25, Pilatesinthecity.net) vows to make you a better lover, thanks to a stronger, more flexible body. Be prepared to do a whole lot of Kegel exercises, along with other moves that target the core region.

GUINEA PIG



False Negatives

■ The back of the HairConfirm box (\$70, Amazon.com) depicts a mom whose teen daughter seems excited about her home drug test. If the kid's up to no good, we aren't surprised she's grinning.

After discreetly selecting a volunteer to test for marijuana use (the kit also covers amphetamines, meth, opiates, MDMA, cocaine and PCP), we cut a lock of hair and wrapped it in a round piece of foil. The end result looked, well, like a joint. Perhaps that's the test? Said foil was sent off in an included mailer. About a week later, we logged into the HairConfirm site to check the result: negative. And we're as sure as the test's claimed accuracy rate (99.9 percent) we'd seen evidence to the contrary within the 90-day testing range. If the person is a frequent exerciser (no), tall (no) or sweats profusely (no), he might be just below the cut-off for positive, said HairConfirm chemist Zeynep Ilgaz, who suggested we try again, with body hair. We tactfully made certain the test should again be positive—but our tester eluded HairConfirm once again.

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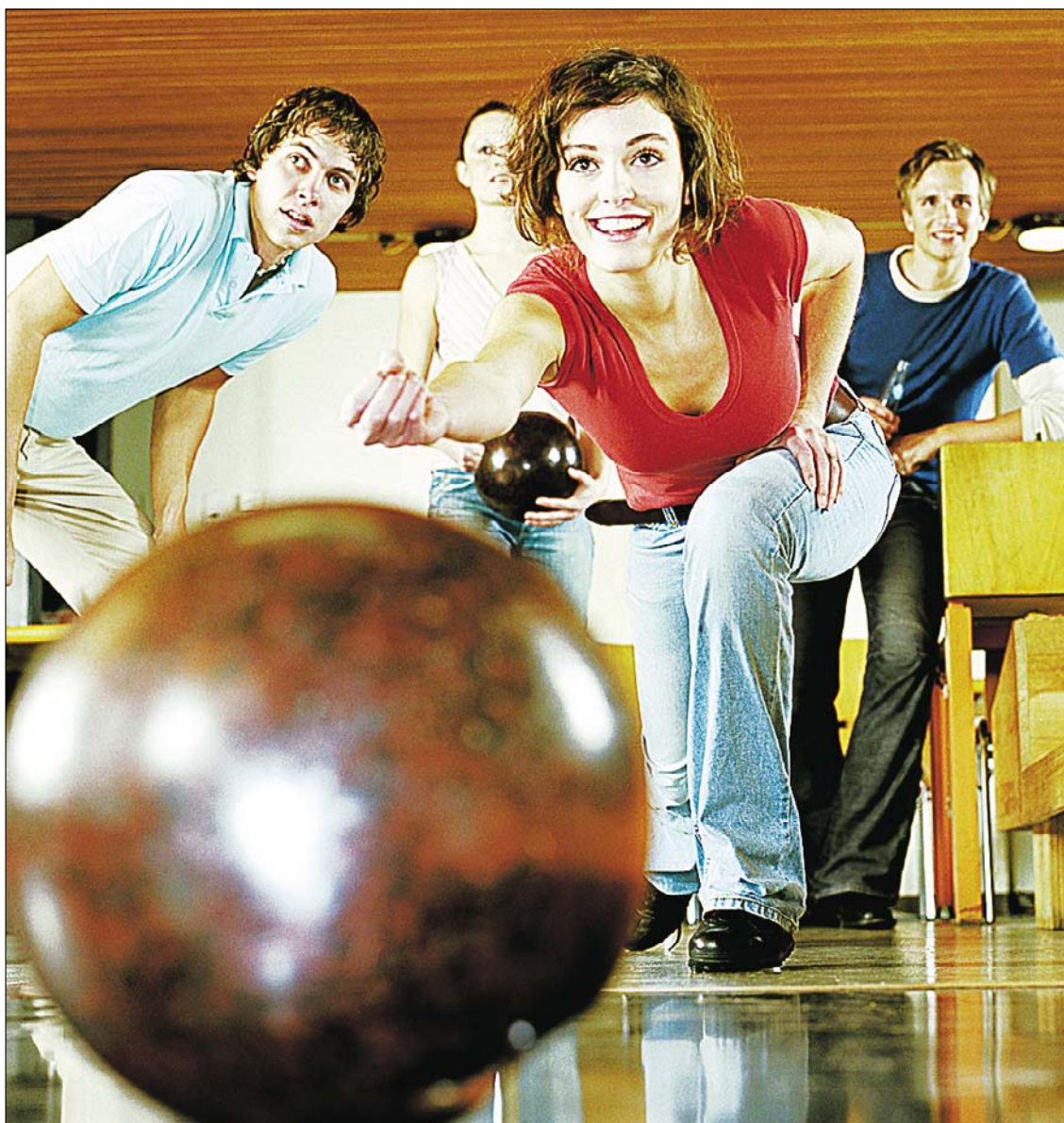
Q I'm going to Colorado this month, and I plan to do some hiking in the mountains. I already have a waterproof windbreaker, great hiking shoes and socks. I haven't bought a sports bra yet, since I cannot decide what to get. I have some old ones (at least seven years old). They are more like sturdy tank tops than anything, but they are fairly comfortable. — BETH

■ Outerwear hogs folks' attention when they plan for adventure travel, but the stuff closest to the skin often matters the most. Who wants a wedgie in the wilderness, right? Seven years is a long time for any piece of fabric to maintain its shape, and while your worn cords might have gotten increasingly comfortable over the past decade, bras that are that well-used probably need to head into retirement—even if you're not worried about frightening off the wildlife with your added bounce.

Of course, if you're more Kate Moss than Pam Anderson, even a not-so-sturdy tank top will do for a leisurely hike. But if what you're carrying up top is more substantial, this becomes a more critical issue. "Breast movement isn't bad; it's the flopping that's a problem," explains Tomima Edmark, founder of HerRoom.com, an online intimate apparel company.

Edmark's site offers the innovative "Bounce Test" feature: videos that show a 36D model running in each of the "high-impact" bras for sale, so women can see how much movement to expect. Edmark's standby suggestion is the Enell 100, which uses compression and encapsulation to make for a sturdy bust. Plus, wide straps and wire-free cups mean less chafing and jabbing. For flatter gals, those comfort features will make the most difference. The same goes for wicking. Some even come equipped with antimicrobial linings, and a little stink-fighting might be nice in the woods.

@ Vicky Hallett is one of the MisFits, the fitness team for The Washington Post's Health section. Find more of her answers to reader questions on page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact the MisFits at fitness@washpost.com.



JESCO TSCHOLTSCHIGGETTY IMAGES

Throw a Get-Fit Fête

It's time to move your bonbons instead of just eating them

An open bar doesn't always equal a good party, as anyone who's suffered through an uncomfortable company soiree can attest. Even if business casual is gussied up with sequins, the annual holiday bash can feel like spending a night at the office, with people complaining about how the printer's always on the fritz.

One way to shake things up is to make people sweat a little. "Most of us sit at a desk most of the day, so an active party is a good way to stretch the muscles," says Lynn Wilkinson, senior event planner at Freddie Mac, where events have included minia-

ture golf, sailing and horseback riding. Not only do these activities promote communication among staffers, but they also provide a stress release. If your office (or family) hasn't nailed down plans yet, think about swapping the traditional eggnog evening for one of these:

SKATING SHINDIG: Nothing says winter quite like putting on some blades and taking to the ice. "Christmas music is playing, their noses are cold," muses Louise Snow, manager of the rink at Pershing Park (14th Street and Pennsylvania Avenue NW; 202-737-6938; Pershingparkice rink.com). Because it's on National Park land, you can't reserve the whole place, but groups get a discount. Looking to avoid the chills? Book a slot at Kettler Capitals Ice-

plex (627 N. Glebe Road, Arlington; 571-224-8555; Kettlercapitals iceplex.com). It's indoors, and if folks crave something more competitive, they can square off in a broomball match.

YOGA PARTY: Colder months are perfect for hibernation, but instead we run around shopping and hopping between events. "Yoga lets everyone slow down, which is what bodies want to do at this time of year," says Annie Mahon, owner of Circle Yoga (3838 Northampton St. NW; 202-686-1104; Circleyoga.com). The studio, like several others around town, offers its space and instructors for private classes.

SOCIAL CLIMBING: Sliding down chimneys sounds messy, so scale the 40-foot walls at Sport Rock

(Sportrock.com) instead. The climbing gym with locations in Alexandria and Sterling can handle parties between eight and 80. When you're done conquering walls, you'll really deserve that post-party slice of fruitcake. "It's more strenuous than what many people are used to because it works all of the little muscles," says

PARTY ALL THE TIME

- Celebrate the season with free Pilates, personal training and nibbles at the SomaFit Holiday Health Fair (Dec. 15, 9 a.m.-5 p.m., 2121 Wisconsin Ave. NW; 202-965-2121; Somafit.com). Kevin Bowen, founder of the Pilates Method Alliance, will be chatting and teaching.
- Enjoy veggie hors d'oeuvres and the company of yogis at the Tranquil Space holiday party (Dec. 16, 7 p.m.-9 p.m., Mark and Orlando's, 2022 P St. NW, 202-223-9642; Tranquilspace.com).
- Shop and sip at the Sports Club/LA's holiday trunk show (Dec. 12, 5 p.m.-8 p.m., 1170 22nd St. NW; 202-974-6600; Thesportsclubla.com).

gym director Angi Raub.

FIELD DAY: The best possible gift for the holidays might just be seeing your boss take part in a scooter race. "We're all just big kids," says Jamie Amato, the general manager of the Dulles Sportsplex (21610 Atlantic Boulevard, Sterling; 703-430-9966; Dullessportsplex.com), a facility packed with fields, courts and party rooms. They can organize tug-of-war (HR vs. IT!), obstacle courses, dodgeball games and more. "You can act the way you wouldn't at a restaurant," Amato adds.

BOWLING BASH: Bowling balls are kind of like massive tree ornaments you play with. Need proof that tossing balls down lanes is kind of healthy? The Results the Gym company party this year is at Lucky Strike (701 7th St. NW; 202-347-1021; Bowlluckystrike.com). "It's friendly fun even if you're good or bad," offers Lindsay Carlton, event coordinator for Strike Bethesda (5353 Westbard Ave., Bethesda; 301-652-0955; Bowlatstrike.com), another popular party venue. What better way to learn that Sally from accounting can rock a mean 7-10 split? VICKY HALLETT (EXPRESS)

Phys Ed | **fit**

With an improved grip, you can lift heavier weights and get bigger results.

Please Be My Main Squeeze

These 3 grip trainers will transform your hand strength

Want to spend less time in the gym? Start working on those mitts of yours. Increased grip strength may help you hoist up to 50 percent more weight, according to a 2007 study in the *Journal of Strength and Conditioning Research*.

And the more you lift, the harder you work your muscles. A strong grip also makes it easier to keep your form in check — so you can target jiggly parts with greater precision.

Putty Up

Available in six resistance levels, Therapy Putty — the Barry Bonds version of Silly Putty — targets the muscles in your fingers, forearms, palms and wrists. Try this: Place a clump of putty between two fingers so it extends the length of your digits and squeeze it as hard

as you can. Continue until you've worked your entire hand. Repeat once. (\$3, Sammonspreston.com; Therapy Putty Hand Exercise Book sold separately, \$11)

Finger It Out

Grab the Cando DigiFlex, then press down on the individual spring-loaded buttons to isolate your finger muscles. Keep going until you've hit each finger 12 times. Then squeeze with your entire hand to strengthen your forearms. Release slowly. Do 10 reps. (\$15, Bpp2.com for retailers)

Twist Your Wrist

To max out the strength and flexibility of your wrists — key players in the grip game — grab the pliable Thera-Band Flexbar. Holding one end in your left hand and the other in your right, bend and twist the bar in all directions. Continue for one minute. Rest and repeat. Available in three resistance levels. (\$13 to \$24, Sammonspreston.com)

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Five Moves Subject to Change

Variety is more than the spice of life — it can make you stronger, too

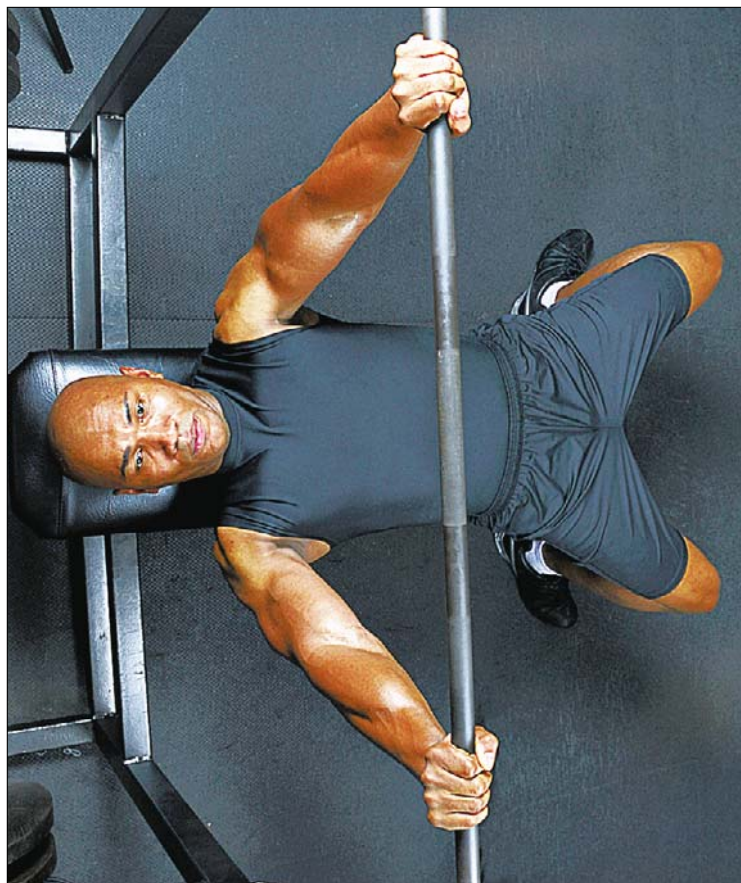
If you want lightning-fast results in the gym, you need to behave like lightning — that is, never strike the same place twice. “If you keep changing your workouts, your muscles will have to adapt constantly, and performance will never plateau,” explains Chris Jordan, fitness director at the Human Performance Institute, in Orlando, Fla. Here are five variations on common exercises that can lead to huge gains.

LATERAL RAISES: Perform them standing on one foot. In addition to working your shoulders, you’ll strengthen the muscles of the lower legs and ankles. People who balance train also suffer fewer ankle injuries, according to a University of Wisconsin study. Stand holding a pair of dumbbells at your sides, palms facing in. Lift your right knee to waist height. Raise your arms out to your sides, palms

down, until they’re parallel to the floor. Return to starting position. Do two sets of 15 reps on each leg.

SEATED CABLE ROWS: Switch to an underhand (palms up) grip. “You’ll place more emphasis on your biceps,” says John Loeber, a clinical exercise physiologist in New York, plus you’ll spread the work from your upper back to your middle back. Attach a straight bar to the pulley at the seated-row station. Grab the bar with an underhand grip, keeping your back straight and chin up. Slowly pull the bar toward your solar plexus, squeezing your shoulder blades together as you draw your elbows back. Do three sets of 12 reps.

BENCH PRESS: Take three full seconds to ease the weight back down to your chest. Researchers at the University of Texas found that men who added “negative” sets to their regimen gained twice as much strength as those who did not. If you usually press 150 pounds, place 180 pounds on the bar and have a spotter help you press it. Then slowly resist the



You'll be able to improve your bench press skills by paying more attention to the way down than the way up. Take three full seconds for each “negative” repetition.

weight as you lower it to your chest. Do two sets of 10 negative reps, then remove the extra weight and do two sets of positive reps.

BICEPS CURLS: Use a 4-foot-long Body Bar instead of a dumbbell. “The longer the bar, the more muscles you use to control it,” says Loeber. Stand with your feet shoulder-width apart and hold the Body Bar at its midpoint with your left hand (the back of your fist should be resting against your left thigh). Raise the bar to shoulder height without moving your elbow, pause, and then lower it to the starting position. Do three sets of 12 reps with each hand.

LUNGES: Transition between reps with scissor jumps. Australian researchers found that athletes who incorporated explosive movements into their training improved their 3K times by 3 percent (the difference between an 8-minute and a 7:45-minute mile). Grab a pair of light dumbbells and hold them at your sides, level with your jaw. Step forward into a normal lunge with your right foot, then jump up, scissor kick and land with your left leg forward. Do three sets of 20 reps.

STEVE STEINBERG (REPRINTED WITH PERMISSION OF BEST LIFE © RODALE INC.)

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GETTY IMAGES

Shop to Drop Pounds

The holiday gift hunt can be a chance to sneak in some exercise

No matter how good you've been this year, there's one thing no one's going to give you: all the gym time you lost while shopping.

But even if you don't see a treadmill for the next few weeks, you can keep the stuffing out of your stockings by taking advantage of those shopping hours. "Think of a mall as a gym with stores," explains Sara Donovan, author of "Mall Walking Madness" and founder of the Mall of America's WalkSport program.

No matter where you're stepping, getting that dose of cardio lowers blood pressure, helps manage weight and can decrease the risk of depression, says Elenic Antzoulatos of Suburban Hospital, which sponsors mall-walking programs at White Flint, Lake Forest and Westfield Montgomery.

Those who traverse shopping centers know they're longer than they look. The Potomac Mills Milers, who regularly take on Woodbridge's sprawling outlet mall, have calculated that a round-trip from the Nord-

strom Rack to Saks Off 5th — with dips into each alcove along the way — is 2.3 miles. "All of our shoppers are unofficial mall walkers," notes spokesperson Caroline Barry Green, though only the Milers get T-shirts after logging 3,000 miles.

You'll squeeze more mileage in if you break the habit of parking close to the entrance. Snag even more steps by making a few trips

Whenever you find an amazing bargain, do 10 jumping jacks to celebrate.

mid-shopping to drop off packages, suggests Ewunike Turner, a trainer at the Washington Sports Club in Chevy Chase. (Minimizing your load will also prevent back strain.)

If you're hauling some heft, though, use the bags for bicep curls while standing in line, Turner says. Toe raises and single leg balances are inconspicuous, too. When kids are tagging along, she suggests this trick: "Whenever you find a good deal, tell them, 'We have to do 10 jumping jacks to celebrate!'"

Little ones can come in handy for other reasons. "My two children in their stroller weigh 98 pounds. That's a significant amount to push," says Jennifer Lungren, whose Stroller Strides classes are held in the Landmark and Springfield Malls during the winter months.

Even a timeout on a bench can provide a chance for resistance work. Turner recommends tricep dips: Scoot your butt to the front of the seat, keeping your back straight, and place your palms down on either side of you. Then shift your hips forward and let your tush come down a few inches, and push back up with your hands. The starting position also works for leg extensions: Lift one leg about a foot off the ground and straighten it in front of you.

Have you managed to find everything without much of a hunt? Comparison-shop for the best price at other stores anyway, suggests Lungren. And always take the stairs or walk up escalators, says Donovan.

These tips won't just keep you healthy — they'll also prevent you from feeling defeated by the season. As Turner says, "Exercise will keep the energy up so you're going to find that sweater marked down 50 percent before anybody else."

VICKY HALLETT (EXPRESS)

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MAMMARIES

Tale of Two Breasts

■ If you were looking to put a finger on why city gals are different from their suburban and rural peers, try placing it on their chests. Researchers found that women who live in London are more likely to have dense breasts than the country folk, and, thus, have a greater risk of breast cancer because there are more places for the cancer to sneakily develop. Density is not an issue of size, but rather the ratio of glandular tissue to fatty tissue.



ENTRAPMENT NEUROPATHIES

Not Your Type

■ Quit blaming your boss for giving you carpal tunnel syndrome as a thank-you for typing up those reports. According to Swedish researchers, heavy keyboard users are actually less likely to develop the syndrome than people who don't use a computer at all — in their sample, it was 2.6 percent versus 5.2 percent. In fact, all of the activity involved in clickey-clacking may even protect the hands from swelling and putting pressure on the nerve that runs between the forearm and the hand.

NUTRITION

Barbie Eats Well

■ Give kindergartners dolls, and ask them which foods will make their dolls "healthy and grow big and strong," and the kids will actually pick smart choices. But let them play the same game with themselves, and they're more likely to go for the junk, especially the boys, according to a report in the International Journal of Sports Medicine. The good news is that when it comes to physical activities, the youths tend to prefer the healthiest choices for both themselves and for their dolls.



After shooting off his important message, this BlackBerry user would be wise to take a break to stretch his fingers.

Technical Difficulties

Look out for the next generation of illnesses brought on by gadget use

A battalion of scantily clad gladiators couldn't drag you away from your favorite tech toys. But all that button-pushing, controller-swinging and cellphone blabbing can lead to an array of cramps, muscle pulls

and — yech — bacteria. Still, your precious gizmos don't have to leave you laid up — some maintenance and a few tweaks to your technique can help you avoid the woes of being wired.

BlackBerry Thumb

"Repetitively stretching your thumb to reach the keys can cause inflammation and pain," says Stacey Doyon, president of the American Society of Hand Therapists.

PREVENT IT: Hold your CrackBerry in both hands. (Use the stylus only in short bursts; Doyon says that gripping it for a long time is begging for a cramp.) Take a break every hour to stretch all your fingers as wide as you can. If your thumb starts to ache, ice it for 10 to 20 minutes once per day.

Bluetooth Ear

Looking like a corporate tool isn't the only risk in sporting a wire-

less headset.

"These devices can pick up fungus or bacteria," says James Hall, clinical professor of audiology at the University of Florida. "And your warm, moist ear provides perfect growing conditions." Sealing the canal can also cause wax to accumulate, leading to temporary hearing loss.

Your warm, moist ears provide perfect growing conditions for icky bacteria.

PREVENT IT: Anything going inside your ear needs to be kept clean — swabbing the earpiece with alcohol once per day is a good start. Switch ears every hour to curb bacteria-friendly moisture and prevent wax buildup.

Wii-itis

Acing faux tennis serves can lead to real-life sports injuries. Last year, Detroit Tigers pitcher Joel Zumaya missed three games of the American League Championship Series because his arm became inflamed from shredding too many Guitar Hero solos.

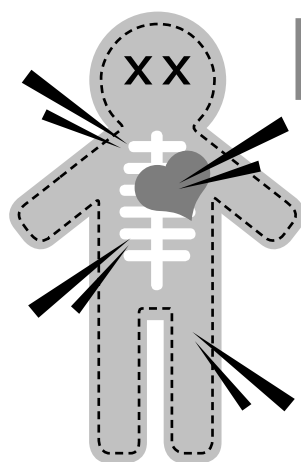
"If you overuse the muscles and tendons surrounding a nerve, it compresses it and causes pain," says S. Ausim Azizi, chair of the Department of Neurology at Temple University School of Medicine.

PREVENT IT: Think moderation — an hour of virtual bowling per day is plenty. (If you must play longer, take 10-minute breaks every hour and stretch the muscles you're using most.) And, hey, consider a real tennis lesson — it would get you out of the house.

Cellphone Elbow

If your phone is perpetually glued to your ear, it leaves your elbow in a constantly flexed position. "This cuts off the blood and oxygen supply to the ulnar nerve, which can lead to numbness in the little finger and a weaker grip," Azizi says.

PREVENT IT: Change hands every 5 minutes to keep blood and oxygen flowing. Don't rest your bent elbow on a table or other surface — it could further damage the nerve. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)



hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Are you an adventure traveler? Or a missionary or in the Peace Corps? Do you live in a rural African village near a rapidly flowing stream for any other reason? Do you have a rash, weird bumps under your skin or lesions on your eyes? You could have **ONCHOCERCIASIS**, aka **RIVER BLINDNESS**, which is caused by a really gross team: the *Onchocerca volvulus* worm and the blackfly, which breeds in swift-moving water. The fly carries the microscopic worms from person to person; for reasons too disgusting to relate here, the more you're bitten, the worse it is. Those with serious cases can go blind. The disease can't be cured, but its progression can be halted and controlled with drugs. SOURCE: CDC.GOV

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Know if Going White Is Right

These groups need to think twice before bleaching teeth

CHILDREN YOUNGER THAN AGE 12 “A young person's nerve chamber inside the tooth is very large, so there is likely to be more pain associated with bleaching,” says Irwin Smigel, president of the American Society for Dental Aesthetics. “Eventually, there's more space between the enamel and the nerve, and bleaching is more comfortable.” Two weeks of whitening with a custom-fit tray were found to be safe among 57 youths ages 12 to 17, in a 2005 study from the Dental School at the University of Texas Health Science Center.

PEOPLE WITH TOOTH-COLORED VENEERS, FILLINGS, CAPS, OR CROWNS Because bleach doesn't lighten den-

tal work along with tooth enamel, the result could be a patchwork mouth. “If you're planning on having dental work up in front, you should be aware that the door is closed to bleaching afterward,” says John W. Siegal, a New York City dentist.

PREGNANT WOMEN Dentists worry the bleach could potentially harm a fetus.

PEOPLE WITH RECEDING GUMS The condition can result from gingivitis, night grinding or too-vigorous brushing, but whatever the cause, this group seems to be at increased risk for sensitivity, found a 2002 study from the University of Southern California School of Dentistry. Those born with natural sensitivity may not be able to tolerate bleaching, either — but it may take a try just to find out.

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EATING IN**Mediterranean Chicken Thighs**

When most people think of quick and healthy chicken dishes, they think of boneless, skinless breasts. While that's a good choice, you shouldn't overlook boneless, skinless thighs, which are flavorful and economical and cook quickly. True, the thighs are fattier than the breasts — about 7 grams per 3-ounce cooked portion. But that fat brings extra flavor and moisture breasts can lack, considerably more iron and twice the zinc. That extra fat also means a dish is harder to mess up, even with fast, high-heat cooking.

INGREDIENTS: 2 pounds boneless, skinless chicken thighs (about 8 thighs); Salt and freshly ground black pepper, to taste; 2 teaspoons olive oil; 14 1/2-



LARRY CROWE/AP

265 calories, 28g protein, 6g carbs, 14g fat, 99mg cholesterol, 620 mg sodium, 1 g fiber

ounce can diced fire-roasted tomatoes with juice; 1/4 cup orange juice; 5 teaspoons minced garlic; 4 teaspoons capers, rinsed

SEASON THE chicken thighs with salt and pepper. In a large nonstick skillet with a lid, heat the oil on high. Add the chicken thighs and cook until well browned, about 2 minutes per side. Add the tomatoes, orange juice, garlic and capers. Bring the mixture to a simmer, then reduce heat to low, cover the pan and cook for 8 minutes.

Uncover the pan and continue cooking, turning the thighs once, until the chicken is no longer pink in the middle and the sauce has thickened, about 10 minutes.

TIME: 25 MINUTES; SERVES: 4



- **2005 Premium Red**
Sweeter than the rest, with a plum finish. Still, somewhat thin and lacking in flavor. General thumbs down.
- **Vin Blanc**
This one, which had a very mild wine flavor and very slight bite, got mixed reviews from the tasters. One preferred it above the others; another found the aroma objectionable.
- **2005 Cabernet Sauvignon**
A group favorite among the reds. A little stronger than the others, with an actual fruit aroma — something sadly lacking in many of the others.
- **Chardonnay**
Almost like flavored water, with a little bite. Thinnest of the whites. One taster offered that it tasted “like nothing.” Thumbs down all around.

Wine Without Booze? Why?

If you're willing to sacrifice taste, you can drink up health benefits

Take too much fun from the fun bank at Thanksgiving? With more holiday revelry coming up, we have three little words: alcohol-free wine.

The notion of tinkering with perfectly good vino makes true wine lovers blanch, but alcohol-free wine has some advantages over its boozy cousin, including far fewer calories: about 15 to 25 calories for a 4-ounce glass, compared with about 90 for a glass of Chardonnay or Cabernet Sauvignon.

Alcohol-free wine also should confer some of the health benefits one gets from moderate regular-wine consumption, says Fergus Clydesdale, head of the department of food science at the University of Massachusetts, Amherst. The antioxidants found in regular wine also

exist in alcohol-free wine. “If the same grapes were used,” Clydesdale says, “the wine would have the same kind of phenolics.”

These polyphenols — which fall under the broad umbrella of antioxidants — include the almighty resveratrol, a compound in red wine that's been receiving recent media attention.

Typically, alcohol-free wine is made by extracting the alcohol through a filtering or vacuum process, while leaving the other components intact. By law, the wines must be less than one-half of 1 percent alcohol.

Although some of the health benefits of wine have been tied to the alcohol itself, in the aggregate, removing the alcohol is a plus, says Joy DuBost, a food scientist and nutrition expert for the Institute of Food Technologists, a society of food science professionals. “While it does appear that alcohol in moderation decreases the effects of cardiovascular disease,” she says, “it can

also increase your calorie intake; triglycerides, which is another blood lipid; your blood pressure; and possibly your cancer risk. You have to look at the total picture.”

And the public is buying it. Ariel Vineyards sold 1.2 million bottles of

Alcohol-free wine has some advantages, including far fewer calories.

alcohol-free wine last year, according to Craig Rosser, sales marketing director for Ariel and export director for J. Lohr Vineyards & Wines, Ariel's parent company.

Even Carl Jung wine, which is made in Germany and available only online in the U.S., sold 20,000 bottles in the U.S. last year, says Ray Hermiston, the company's Internet sales manager.

Nonalcoholic-wine drinkers include pregnant women, designated drivers and people who need to abstain for medical reasons or simply don't like alcohol. Ariel Vineyards caters to this last group. “Our core customer is someone who hasn't developed a taste for wine, and they like their beverages sweet,” Rosser says.

Ariel has the distinction of producing the only dealcoholized wine to win a gold medal at a formal competition against regular wines. Sure, it was in 1986 at the Los Angeles County Fair, but, still, the wine must have been the Secretariat of the bunch.

Which brings us to the issue of flavor and drinkability. After swirling, sniffing and spitting, the testers concluded that the primary thing these wines lack is what is known as “mouth-feel” — a certain thickness and the rich sensation of flavors bursting in the mouth. For more tasting notes, see the box above.

JANET CROMLEY (LOS ANGELES TIMES)

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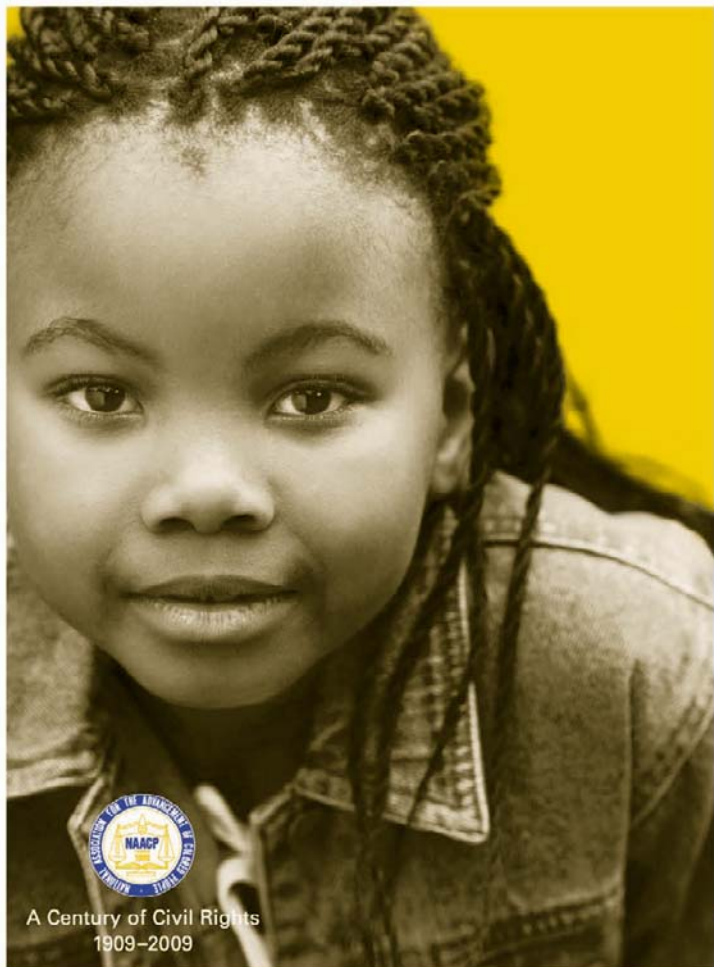
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Find the rainbow in your heart, and share it.



Use this guide to decide which of America's Charities to support in the Combined Federal Campaign.

www.charities.org • 800-458-9505



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1-800-995-KIDS or **www.gktw.org**.

Give Kids The World thanks all of the federal employees and military personnel who have supported us through the years.

100% of the contributions received are for the benefit of Give Kids The World. A COPY OF THE OFFICIAL REGISTRATION (Registration # SC 00871) AND FINANCIAL INFORMATION
MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL FREE 1-800-435-7352, WITHIN THE STATE OF FLORIDA, OR 850-410-3715.
REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL OR RECOMMENDATION BY THE STATE.



We believe in rainbows. The kind of rainbows that are born of an individual's heart, and that reach out and across the community, the nation, the world to help others in need.

And, when we help someone in need, doesn't it feel like the right thing to do?

Through America's Charities, Children1st-America's Charities, or Health1st-America's Charities, you can create rainbows for orphans, and for children at-risk. You can support programs that keep children in school, and that keep them moving forward to aspirations that will make them better citizens and better people. You can help find cures for diseases, and give comfort to those with life-threatening illnesses.

Each of the charities that make up the America's Charities family of federations works to provide member organizations with the resources needed to meet the needs of communities, families and children across the nation and around the world.

Please take a moment to browse this brochure, and find a charity that you feel good about. Then, find that rainbow in your heart, and share it.

Thank you.

www.charities.org • 800-458-9505

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Suite 1000 (10th Floor)
Washington, D.C. 20005
(202) 548-4000 - national office
(202) 543-9743 - fax
www.BlackWomensHealth.ORG
CFC #11148



Take the Pledge

*Because I am a Health-Wise Woman,
I have the strength to endure, the power to change
and the wisdom to create a healthier me.*

*Because I am a Health-Wise Woman,
I will take time everyday for meditation, rest and self-care.*

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Ask an Expert ♦ Get online check-ups ♦ Join our Walking for Wellness program ♦ Get help to quit smoking ♦ Read the latest health news ♦ Manage your weight ♦ Find a doctor ♦ Browse the medical library ♦ Take action on health issues and health care reform ♦ Enjoy special member benefits ♦ Share your story ♦ Join our SisterForce™ for care

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Members of America's Charities Family of Federations



10224 America's Charities
 10360 100 Black Men of America
 10361 American Campaign for Prevention of Child Abuse and Family Violence
 11889 American Center for Law and Justice
 11890 American Civil Liberties Union Foundation
 11627 America's Second Harvest - The Nation's Food Bank Network
 10363 Amnesty International of the USA
 10357 Canine Partners For Life
 11628 Catholics United for Life
 11102 Christian Appalachian Project
 10358 Consumers Union of United States
 11629 Diabetes Research and Wellness Foundation
 10359 Dress for Success Worldwide
 11892 Eagle Forum Education and Legal Defense Fund
 10986 Feed The Children
 11630 The Fund for Animals
 11633 GlobalGiving Foundation
 12178 Goodwill Industries International, Inc.
 11893 Human Rights Campaign Foundation
 11894 The Humane Society of the United States

10540 Meals On Wheels Association of America
 10354 Mothers Against Drunk Driving
 11104 NAACP Legal Defense and Educational Fund.
 10355 NAACP Special Contribution Fund
 11631 National Law Enforcement Officers Memorial Fund
 11287 National Trust for Historic Preservation in the United States
 10350 Native American Rights Fund
 11105 Orphan Foundation of America
 10351 PetSmart Charities
 11634 Point Foundation, The National Gay & Lesbian Scholarship Fund
 11632 Population Connection
 11895 Puerto Rican Legal Defense and Education Fund
 11635 The Rutherford Institute
 10352 Southern Poverty Law Center
 11106 Veterans for America



10287 Children1st - America's Charities
 11570 Believe In Tomorrow National Children's Foundation
 10701 Cancer Research for Children (National Childhood Cancer Foundation)
 11571 Childhelp®
 10702 Children's HeartLink
 10703 The Children's House at Johns Hopkins
 11573 Children's Rights
 12153 Coptic Orphans Support Association
 12007 Father Flanagan's Boys' Home
 11874 Give Kids The World
 11289 The Grace Children's Foundation
 10704 The Hole In The Wall Gang Fund
 11312 "I Have a Dream"® Foundation
 12008 Junior Achievement
 11375 Make-A-Wish Foundation® of America
 11574 National Black Child Development Institute
 11575 Prevent Child Abuse America
 10948 Reading Is Fundamental, Inc. (RIF)
 11277 Ronald McDonald House Charities®
 10949 STANDUP FOR KIDS
 11305 Starlight Starbright Children's Foundation
 10950 Teach For America
 11299 Tiger Woods Foundation, Inc.
 11577 Youth Service America



10963 Health1st - America's Charities
 12005 AIDS Alliance for Children, Youth & Families
 11371 American Foundation for the Blind
 11296 The Arc of the United States
 11148 Black Women's Health Imperative
 12193 Breast Cancer Coalition
 11074 Cancer Research and Prevention Foundation
 11716 Christopher and Dana Reeve Foundation
 11149 Diabetes Research Institute Foundation, Inc.
 11990 Dystrophic Epidermolysis Bullosa Research Association of America
 10362 Hospice America (American Hospice Foundation)
 12006 International Planned Parenthood Federation, Western Hemisphere Region
 11712 International Rett Syndrome Association
 11991 Lance Armstrong Foundation, Inc.
 11150 Multiple Sclerosis Association of America
 11714 NARAL Pro-Choice America Foundation
 10356 National Association of the Deaf
 11151 National Down Syndrome Society
 11152 National Marfan Foundation
 11992 National Organization for Rare Disorders (NORD)
 10214 National Psoriasis Foundation
 11154 Ovarian Cancer Research Fund
 11715 Tuberous Sclerosis Alliance

Pets

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For over 20 years, the National Organization for Rare Disorders (NORD) has helped patients and their families get the care and support they need. As a non-profit organization, NORD relies on donations to fund its programs of education, advocacy, research, and service for the 25 million Americans with rare diseases and their families.

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There are more than 6,000 rare diseases. For information on rare diseases, patient organizations and related services, please visit our website.



CFC #11992

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www.orphan.org

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10224 America's Charities

www.charities.org (800) 458-9505
America's Charities works to develop the spirit of giving at the workplace by offering a broad range of charities reflecting the diversity of the American people and providing efficient, low-cost workplace charitable giving campaigns. Our goal is providing member charities with the financial resources required to meet emerging needs. 54-1517707

10360 100 Black Men of America

www.100blackmen.org (800) 598-3411
100 Black Men of America, Inc. seeks to serve as a beacon of leadership by utilizing our diverse talents to create environments where our children are motivated to achieve, and to empower people to become self-sufficient shareholders in the economic and social fabric of the communities we serve. 58-1974429

10361 American Campaign for Prevention of Child Abuse and Family Violence

www.nccafv.org
(202) 429-6695 Your generous financial support each year enables the National

Council on Child Abuse and Family Violence (NCCAFV) to provide assistance to thousands of abused and vulnerable children, spouses and partners (women and men), and the elderly. Your help reduces family violence in every state and territory in the United States. 95-4356014

11889 American Center for Law and Justice

www.aclj.org (800) 296-4529
Specializing in constitutional law, the ACLJ is dedicated to the concept that freedom and democracy are God-given inalienable rights that must be protected. The organization defends religious liberties, human life and the family in cases all across the country. Legal services are provided at no charge. 54-1586817

11890 American Civil Liberties

Union Foundation www.aclu.org
(212) 549-2500 The country's premier defender of individual rights since 1920. Our legal victories protect free speech, religious liberty, equality, privacy, due process. Through 60 affiliate offices nationwide, staff and volunteers take thousands of pro bono cases for minorities, women, immigrants, the poor -- on behalf of all individuals' freedoms. 13-6213516

Thanks to YOU

Hungry children won't suffer the pangs of hunger.



When you give to America's Second Harvest -- The Nation's Food Bank Network, you provide food for hungry people in your neighborhood and across the country. We stop food from going to waste and send it to food banks and food-rescue organizations. **Every \$1 you give distributes \$30 worth of food that would have gone to waste.** Join the fight to end hunger!

America's Second Harvest
The Nation's Food Bank Network
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Please check #11627 on your CFC pledge card.

www.secondharvest.org • 1-800-771-2303

Canine Partners For Life



Your dollars will enable dogs like me to become someone's arms and legs. CPL places service dogs all across the US helping people with mobility impairments, physical disabilities and seizure disorders live independent lives, attend school, stay at or return to the work force.

"Help me help somebody!"

Look for Canine Partners For Life under America's Charities in your workplace giving campaign. Visit www.k94life.org

CFC #10357

11627 America's Second Harvest - The Nation's Food Bank Network

www.secondharvest.org (800) 771-2303
Nation's largest domestic hunger-relief organization. We provide groceries for 25.3 million Americans annually through our Network of over 200 Members. Last year, we secured and distributed over 2 billion pounds of groceries, in all 50 states, Washington DC, and Puerto Rico. Our goal is to end hunger in America. 36-3673599

10363 Amnesty International of the USA

www.amnestyusa.org (800) AMNESTY
Worldwide grassroots human rights organization -- impartial and non-political -- which researches and reports on human rights violations around the globe, publicizing its findings through the media and other sources. Amnesty International's 1.8 million members campaign to protect and promote the human rights of people everywhere. 52-0851555

10357 Canine Partners For Life

www.k94life.org (610) 869-4902
Train and place service dogs for persons with physical disabilities, mobility impairments, and seizure alert needs. Ages 12 and older. Enables recipients to

return to work or stay in the workforce, and children can have a more integrated school experience. Also provide home companion dogs for young children and elderly. 23-2580658

11628 Catholics United for Life

www.clji.org (800) 764-8444
Pro-life Catholic organization dedicated to defending human life from the moment of conception until natural death. Activities include sidewalk counseling, educational information and legal defense of religious liberties. The legal projects, New Hope Life Center and Center for Law and Justice, also defend the free speech rights of pro-life citizens. 51-0195634

11102 Christian Appalachian Project

www.chrisapp.org (866) 270-4227
An interdenominational, non-profit Christian organization committed to serving people in need in Appalachia by providing physical, spiritual and emotional support through a wide variety of programs and services. Offers people opportunities to improve their own situations. Operates over 30 crisis intervention, educational, and community development programs; distributes in-kind donations. 61-0661137

A Humane Society Starts with You



The Humane Society of the United States has worked since 1954 to promote the protection of all animals. With nearly 10 million members and constituents, headquarters in the nation's capital, regional offices from coast to coast, and a family of affiliate organizations working around the globe, we celebrate the human-animal bond and confront animal cruelty in all of its forms both at home and abroad.

We work to reduce animal suffering and create meaningful social change by advocating for public policies to protect animals, investigating institutional and individual acts of cruelty and abuse, supporting the efforts of local animal shelters and humane organizations, educating consumers and retailers, and sending animal rescue teams into the field whenever and wherever disaster strikes.

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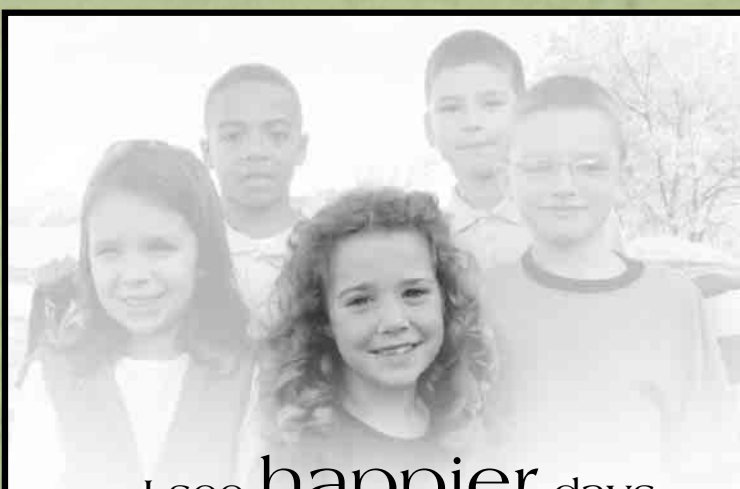


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CFC #12007

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0704-108

10358 Consumers Union of United States www.consumerreports.org (914) 378-2000 For 70 years, this nonprofit has educated adults and children to ensure a safe and fair marketplace. Its test of products and services, buying advice, and research are published in Consumer Reports and other publications. It represents consumer viewpoints before government. It is independent, with no commercial support or influence. 13-1776434

11629 Diabetes Research and Wellness Foundation www.diabeteswellness.net (877) 633-3976 Funds clinical investigations into the causes, prevention, treatment and cure of diabetes and associated complications. Conducts diabetes screening which targets high-risk populations and ethnic groups. Provides diabetes education to patients and health professionals to save lives from blindness, kidney disease, amputations. Publishes a monthly newsletter, The Diabetes Wellness News. 52-1840230

10359 Dress for Success Worldwide www.dressforsuccess.org (212) 532-1922 The mission of Dress for Success is to advance low-income women's economic and social development and to encourage self-sufficiency through career development and employment retention.

Dress for Success provides programs that help economically disadvantaged women acquire jobs, retain their new positions and succeed in the mainstream workplace. 13-4040377

11892 Eagle Forum Education and Legal Defense Fund

www.eagleforum.org (618) 462-5415 Pro-family leadership by Phyllis Schlafly. Defends traditional families, parental rights in schools, reading by phonics, tax fairness, strong national defense. Provides articulate alternatives to liberalism and the radical feminism that pretends women and men are the same but demands preferential treatment. Trains for grassroots leadership in public policy making. 37-1097202

10986 Feed The Children

www.feedthechildren.org (800) 627-4556 Founded in 1979, Feed The Children is one of the largest international charities delivering food and other necessities to children and families in all 50 states and around the world. In 2006, Feed The Children shipped more than 129 million pounds of living essentials worldwide, supplementing more than 730,000 meals each day. 73-6108657

11630 The Fund for Animals

www.fundforanimals.org (888) 405-FUND Founded in 1967 by bestselling author

Cleveland Amory, we "speak for those who can't," using education, litigation, legislation, and hands-on care to protect wildlife and domestic animals. We operate world-famous sanctuaries for abandoned and abused animals, such as Black Beauty Ranch in Texas. 13-6218740

11633 GlobalGiving Foundation

www.globalgiving.com (202) 232-5784 GlobalGiving is an online philanthropic marketplace where donors are connected to projects around the world through an efficient and effective way to give. Each project in our network (more than 300 in 60+ countries) is working to drive positive change in communities around the globe. 30-0108263

12178 Goodwill Industries

International, Inc. www.goodwill.org (800) 741-0186 The organization is one of the world's largest nonprofit providers of education, training and career services for people with disabilities or other barriers to employment. We believe in work and have witnessed its power to transform lives. Work helps build confidence, independence, trust and opportunities to have these things in life. 53-0196517

11893 Human Rights Campaign

Foundation www.hrc.org (800) 777-4723 Works to conduct

public policy research and further public education on the social, economic and health issues affecting lesbians and gay men, and to further its vision of an America where lesbian, gay, bisexual and transgender Americans are ensured of their basic equal rights. 52-1481896

11894 The Humane Society of the United States

www.hsus.org (202) 452-1100 The Humane Society of the United States promotes the protection of all animals with active programs in companion animals and equine protection, disaster preparedness and response, wildlife and habitat protection, animals in research and farm animal welfare. The Society's programs seek to foster respect, understanding, and compassion for all creatures. 53-0225390

10540 Meals On Wheels Association of America

www.mowaa.org (703) 548-5558 MOWAA provides funding to local senior nutrition programs across the country for the delivery of meals and other nutrition services to frail home-bound senior citizens. These services help enable older individuals to avoid premature institutionalization and to preserve their independence and dignity by allowing them to stay in their homes. 23-7447812




**Help us speak
for those who can't.**

The Fund for Animals, founded in 1967, advocates for animals and provides care, veterinary treatment, and rehabilitation for rescued wildlife and companion animals at sanctuaries and rehabilitation centers from coast to coast, including our world-famous Cleveland Amory Black Beauty Ranch. Every day The Fund is helping change the lives of animals. Please help us make a difference.



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www.fundforanimals.org

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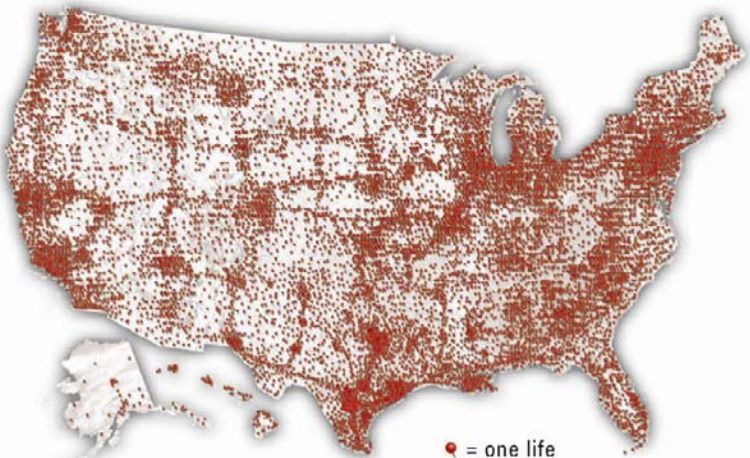


WILL YOU STAND WITH US?

The NAACP Legal Defense and Educational Fund (LDF) has used the law as a powerful tool to open the doors of opportunity for African Americans, other people of color, women and the poor. LDF has won millions of dollars in back pay and thousands of jobs and promotions for federal employees victimized by discrimination. We need your support to maintain the gains of the past and expand them in the future.

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LDF NAACP LEGAL DEFENSE AND EDUCATIONAL FUND, INC.
99 Hudson Street, Suite 1600, New York, NY 10013
800.221.7822 www.naacpldf.org



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If 17,000 people died tomorrow, would you notice?

Drinking and driving killed about 17,000 people last year alone, and injured half a million more. If you drink, find a safe way home. And help remove the marks that drunk driving leaves on our country.

CFC #10354

MADD
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Goodwill Industries – providing job training and career services to people with barriers to employment since 1902

Goodwill
Industries International, Inc.

www.goodwill.org
CFC #12178

10354 Mothers Against Drunk

Driving www.madd.org (800) 438-6233 Provides national and local programs to educate the public about the dangers and consequences of drunk driving and underage drinking, advocates for strong legislation and enforcement to prevent impaired driving and provide assistance to victims of alcohol-related crashes. 94-2707273

11104 NAACP Legal Defense and

Educational Fund www.naacpldf.org (800) 221-7822 Fights for equality and access to education, employment, health care, housing, environmental justice, voting rights, and criminal justice. Also monitors laws and helps to shape government policies, educates the public about civil rights issues, and provides scholarships to promising African American undergraduates and law students. 13-1655255

10355 NAACP Special Contribution

Fund www.naacp.org (877) 622-2798 Through its 2,200 units nationwide, programs are focused on the protection

and advancement of civil rights by eliminating clear disparities between communities within areas of youth services, criminal justice, education, employment, emergency relief, health advocacy, housing, legal assistance. 13-1998814

11631 National Law Enforcement Officers Memorial Fund

www.nleomf.com (202) 737-3400 To generate increased public support for the law enforcement profession by permanently recording and appropriately commemorating the service and sacrifice of law enforcement officers. Plus, provide information that will help promote law enforcement safety. 52-1382926

11287 National Trust for Historic Preservation in the United States

www.nationaltrust.org (800)944-NTHP Your support will help provide leadership, education, and advocacy to save America's diverse historic places and revitalize communities for the future. The Washington, DC headquarters staff, six regional offices and

28 historic sites work with members and thousands of local community groups in all 50 states. 53-0210807

10350 Native American Rights Fund

www.narf.org (800) 447-0784 NARF's practice is concentrated in five key areas: the preservation of tribal existence; the protection of tribal natural resources; the promotion of Native American human rights; the accountability of governments to Native Americans; and the development of Indian law and educating the public about Indian rights, laws and issues. 84-0611876

11105 Orphan Foundation of America

www.orphan.org (800) 950-4673 At age 18 most orphans are completely on their own, they "age out" of Foster Care. OFA provides moral and financial support to parentless teens who pursue college or vocational training. OFA's programs are volunteer run; mentoring, leadership training and scholarships help youth without families become successful and independent adults. 52-1238437

10351 PetSmart Charities

www.PetSmartCharities.org (800) 738-1385 PetSmart Charities, a 501(c)(3) non-profit organization established in 1994, is a leading funder of animal welfare agencies across North America, donating over \$42 million to animal welfare programs for sterilization, adoption and disaster relief, and helping to save the lives of more than 2.7 million pets in over 840+ adoption centers. 93-1140967

11634 Point Foundation, The National Gay & Lesbian Scholarship Fund

www.pointfoundation.org (866) 337-6468 The Point Foundation seeks the partnership of philanthropic individuals, corporations and foundations to supply financial support, professional guidance and a network of contacts for undergraduate, graduate and post-graduate students who are underprivileged and/or have been socially marginalized — principally by reason of sexual orientation or gender identity. 84-1582086

11632 Population Connection

www.populationconnection.org (800) 767-1956 Overpopulation threatens the quality of life for people everywhere. Population Connection

is the national grassroots population organization that educates young people and advocates progressive action to stabilize world population at a level that can be sustained by Earth's resources. 94-1703155

11895 Puerto Rican Legal Defense and Education Fund

www.prldef.org (800) 328-2322 PRLDEF is one of the foremost Latino civil rights organizations in the country. Through impact litigation, we fight discrimination and assure Latinos' constitutional rights. Though our educational programs, we help Latinos who dream of entering the legal profession but who don't have the knowledge or resources to do so. 13-2722664

11635 The Rutherford Institute

www.rutherford.org (800) 225-1791 The Rutherford Institute, a nonprofit civil liberties organization based in Charlottesville, Va., is deeply committed to protecting the constitutional freedoms of every American through its extensive legal and educational programs. The Institute provides its services at no charge to those whose constitutional and human rights have been threatened or violated. 52-1267484

10352 Southern Poverty Law Center

www.splcenter.org (888) 414-7752 A non-profit organization that combats hate, intolerance and discrimination. Established as a small civil rights firm in 1971, the Center is known today for its legal victories against and tracking of hate groups, its sponsorship of the Civil Rights Memorial and its tolerance education program. 63-0598743

11106 Veterans for America

www.veteransforamerica.org (202) 483-9222 Uniting a new generation of veterans with those from past wars to address the causes, conduct and consequences of war in the 21st century. Also operates rehabilitation clinics in Vietnam and Cambodia and conducts landmine impact surveys. Co-recipient of 1997 Nobel Peace Prize for International Campaign to Ban Landmines. 13-3030278

More than one million US Service Members have been deployed to fight in Iraq and Afghanistan.

30 percent of returning veterans have sought VA health care.

Building on 25 years of advocacy, education and humanitarian work, the Vietnam Veterans of America Foundation has brought together three generations of veterans to form Veterans For America, dedicated to addressing the needs of our veterans, service members, their families and their larger concerns about the impact of war.

We must ensure that veterans get the care they need — and deserve.

You can help.

Please designate CFC #11106 Veterans for America in your workplace giving campaign

1025 Vermont Avenue, NW, Seventh Floor, Washington, DC 20005
For more info, visit www.veteransforamerica.org (202) 483-9222

Children1st



10287 Children1st - America's Charities

www.charities.org (800) 458-9505
Children First delivers services addressing the needs of children and their families in communities across the nation and around the world through member agency programs. 30-0186795

11570 Believe In Tomorrow National Children's Foundation

www.believeintomorrow.org
(800) 933-5470 Help children with life threatening illnesses believe in hope, joy and the promise of tomorrow. Serving over 38,000 children each year, we are a national leader in pediatric support services that ease pain, reduce loneliness and bring joy to children during the treatment process. 52-1332737

10701 Cancer Research for Children (National Childhood Cancer Foundation)

www.curesearch.org
(800) 458-6223 For almost 50 years, the collaborative research conducted by our network of over 5,000 doctors, nurses and scientists has driven consistent improvements in cure rates for children with cancer. Cancer remains the #1 disease killer of children. Help us reach the day when every child with cancer can be cured. 95-4132414

11571 Childhelp® www.childhelp.org
(800) 422-4453 Non-profit organization dedicated to addressing the physical, emotional, educational, and spiritual needs of the nation's abused and neglected children. Eighty-nine cents of each dollar directly funds treatment, prevention, and intervention programs. Programs include The Childhelp National Child Abuse Hotline, 1-800-4-A-CHILD; group homes; residential treatment centers; advocacy centers; and foster family certification. 95-2884608

10702 Children's HeartLink

www.childrensheartlink.org
(888) 928-6678 Children's HeartLink, is an international medical nonprofit organization dedicated to the treatment and prevention of heart disease in needy children. Partnering with medical centers in developing countries, Children's HeartLink provides hands-on care to children and specialized medical training to cardiac professionals so that more children gain access to quality cardiac services. 41-1307457

10703 The Children's House at Johns Hopkins

www.childrenshouse.org
(410) 614-2560 Provides a warm "home-away-from-home" for children and their families while they are receiving medical care for life-threatening illnesses. Since opening, The Children's House has provided 1,000 individual overnight accommodations each month for over 4,000 families from throughout the United States and around the world. 52-1619682

Cancer Research for Children

Theonysios
Diagnosed with
Wilms Tumor
October 2006
at 16 months

Fund the Cure

CureSearch

National Childhood Cancer Foundation

CureSearch.org (800) 458-6223 CFC #10701

11573 Children's Rights

www.childrensrights.org (212) 683-2210
A national watchdog organization advocating on behalf of abused and neglected children in the U.S. Since 1995, the organization has used legal action and policy initiatives to create lasting improvements in child protection, foster care and adoption. 13-3801864

12153 Coptic Orphans Support Association

www.copticorphans.org
(800) 499-2989 Coptic Orphans exists to improve the lives of orphans and other vulnerable children in Egypt by providing basic needs, education, and mentoring so that they may realize their potential to become productive members of society. Coptic Orphans also exists to raise awareness about poverty in Egypt and promote cultural understanding. 54-1637257

12007 Father Flanagan's Boys' Home

www.girlsandboystown.org
(800) 448-3000 Girls and Boys Town provides food, clothing, shelter, education, spiritual and medical care for homeless, neglected, abused, and communicatively handicapped boys and

girls. Approximately 84 percent of the Home's support and revenue go toward the direct care of children and families in need. 47-0376606

11874 Give Kids The World

www.gktw.org (800) 995-5437 Give Kids The World is a 70-acre non-profit resort that creates magical memories for children with life-threatening illnesses and their families. For more than 5,000 families each year, Give Kids The World provides a week-long dream vacation to Central Florida that includes accommodations, donated attraction tickets and meals, at no cost to them. 59-3327385

11289 The Grace Children's Foundation

www.gracechildren.org
(212) 662-1143 A United States based organization providing directed programs of education, humanitarian aid and medical and surgical care to China's orphans and abandoned children. TGCF's programs are recognized globally as far-reaching and sustainable. These special children have next to nothing. The Grace Children's Foundation is dedicated to the children who wait. 13-7111278



Helping children stay in school...



"I HAVE A DREAM"® FOUNDATION

Success Begins With a Dream!

Help at-risk children stay in school and achieve their education and career goals. Your gift to the National "I Have a Dream"® Foundation will help our sites provide "Dreamers" with academic and social programs from elementary school through high school plus tuition assistance for higher education.

Please support the "I Have a Dream"® Foundation in your workplace giving campaign!

"I Have a Dream"® Foundation
330 Seventh Avenue, 20th Floor, New York, NY 10001
Phone: 212.293.5480 Fax: 212.293.5478 www.ihad.org

CFC #11312

10704 The Hole In The Wall Gang Fund

www.holeinthewallgang.org
(203) 772-0522 Founded by Paul Newman in 1988, is a residential summer camp and year-round center serving children coping with cancer and other life-threatening illnesses. We serve more than 5,000 children annually. Our Outreach program supports seriously ill children in hospitals. All programs are offered free of charge. 06-1157655

11312 "I Have a Dream"® Foundation

www.ihad.org (212) 293-5480
The "I Have a Dream"® Foundation helps children in more than 67 low-income communities across the country reach their education and career goals. With the incentive of providing tuition assistance for higher education, "I Have a Dream"® provides programs of mentoring, tutoring, and enrichment from elementary through high school. 13-3355315

12008 Junior Achievement

www.ja.org (719) 540-8000
JA Worldwide is the largest organization dedicated to educating young people about business, economics, and entrepreneurship. Through dedicated volunteers, JA Worldwide provides in-school and after-school programs for students in grades K-12, offering educational programs in seven key content areas: business, citizenship, economics, entrepreneurship, ethics/character, financial literacy, and career development. 84-1267604

11375 Make-A-Wish Foundation® of America

www.wish.org (800) 722-9474 The mission of the Make-A-Wish Foundation® is to grant the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength, and joy. With the help of generous donors and nearly 25,000 volunteers, the Make-A-

Wish Foundation® has granted more than 141,000 wishes in the U.S. since inception. 86-0481941

11574 National Black Child Development Institute

www.nbcdi.org (800) 556-2234 Works to improve the lives of children and their families in the areas of early childhood education, health, elementary education, child welfare, and parenting. We achieve our mission through direct services, community-outreach programs and public education. We believe in giving every child a chance. 52-0908178

11575 Prevent Child Abuse America

www.preventchildabuse.org (800) CHILDREN Our Mission: To prevent the abuse and neglect of our nation's children. Our Core Values: Valuing Children, Strengthening Families, Engaging Communities. Since 1972, America's oldest organization working at the national, state and local levels to prevent child maltreatment. Our prevention efforts promote experiences for children that are safe, healthy, nurturing. 23-7235671

10948 Reading Is Fundamental, Inc.

(RIF) www.rif.org (888) 725-4801
RIF works for literacy where it begins—with children and their families. Founded in 1966, RIF helps ensure that children become strong, enthusiastic readers by giving them access to books they choose and keep, engaging them in creative activities that promote reading, and involving parents and community volunteers. 52-0976257

11277 Ronald McDonald House Charities®

www.rmhc.org (630) 623-7048 Ronald McDonald House Charities® creates, finds and supports programs that directly improve the health and well-being of children worldwide through its global network of local Chapters and 260+ Ronald McDonald Houses® worldwide. RMHC's goal is to make an immediate, positive impact on as many children as possible worldwide. 36-2934689

10949 STANDUP FOR KIDS

www.standupforkids.org (800) 365-4KID Empowers at-risk and homeless youth toward lifelong personal growth through both on-the-street outreach and in-school deterrent

programs. STANDUP FOR KIDS creates sincere self-caring and self-confidence in youth through open, straightforward counseling and educational programs thereby helping them acquire the life skills necessary to become effective members of their communities. 33-0414855

11305 Starlight Starbright Children's Foundation

www.starlight.org (800) 315-2580 Transforming the lives of seriously ill children and their families through imaginative programs that educate, uplift spirits, foster a sense of community, and help alleviate the pain and fear of prolonged illness. Our array of in-hospital, outpatient and Web-based programs touch more than 180,000 U.S. children and families each month. 95-3802159

10950 Teach For America

www.teachforamerica.org (800) 832-1230 We are the national corps of recent college graduates of all academic majors who commit two years to teach in public schools and become lifelong leaders in expanding educational opportunity. Our mission is to build the movement to eliminate educational inequity by enlisting some of our nation's most promising future leaders in the effort. 13-3541913

11299 Tiger Woods Foundation, Inc.

www.tigerwoodsfoundation.org (888) TWF-KIDZ Our "Start Something" program is FREE to ALL kids ages 8 to 17 years, available to schools, youth groups and individuals. Kids learn to discover and achieve their dreams, core values, healthy behaviors, self-responsibility, social and leadership skills. Launched in 2001, national enrollment exceeds 3,148,941. Scholarships to \$5,000 available. 06-1468499

11577 Youth Service America

www.ysa.org (202) 296-2992 The umbrella organization for the youth service movement, committed to engaging young people, ages 5-25, in a lifetime of community service, learning, leadership, and achievement. Increasing community service opportunities for youth, will cultivate healthy communities, foster citizenship, and act as a catalyst for the personal development of young people. 52-1500870



If you ever met Keifer, you'd never guess that he suffers from the sickle cell anemia. Despite this, his energy and cheerful spirit brighten the days of everyone around him, especially during his monthly stays at a Ronald McDonald House®.



Your support of RMHC® can help kids like Keifer continue to shine brightly.

Please designate Ronald McDonald House Charities® on your pledge card.

Ronald McDonald House Charities® - CFC #11277

One Kroc Drive, Oak Brook IL 60523

www.rmhc.org

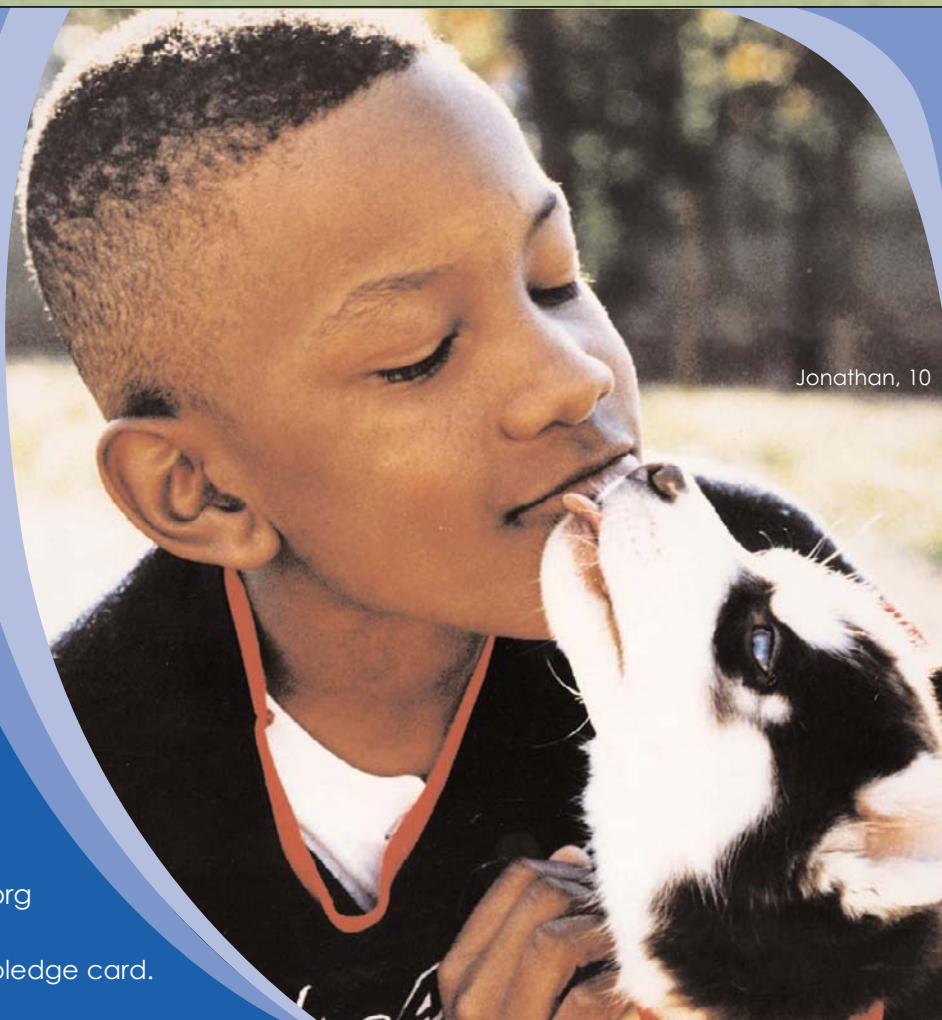
© 2007 McDonald's

Share the
Power
of a Wish®

MAKE-A-WISH®

wish.org

Designate #11375 on your pledge card.



Jonathan, 10



10963 Health1st - America's Charities
www.charities.org (800) 458-9505
 Health First - America's Charities delivers services addressing the health needs of communities across the nation and around the world. 30-0186796

12005 AIDS Alliance for Children, Youth & Families www.aids-alliance.org
 (202) 785-3564 AIDS Alliance is the voice for women, children, youth, and families living with and affected by HIV/AIDS. Support our efforts to prevent babies being born with HIV, to provide care and support to families living with HIV, and to stop the spread of HIV, especially in communities of color. 52-1867774

11371 American Foundation for the Blind www.afb.org (800) AFB-LINE
 AFB works to meet the needs of today's growing blind and visually impaired population by advocating on their behalf, providing leadership and training to organizations and professionals who serve them, developing and promoting universally accessible technology, and providing specialized information to individuals with vision loss, their families, and caregivers. 13-5562161

11296 The Arc of the United States
www.thearc.org (800) 433-5255 The Arc works in every state to protect the civil and human rights of all Americans with cognitive, intellectual and developmental disabilities such as mental retardation. We work to ensure that every community has needed services and supports including health care, early intervention, appropriate public education, employment, and residential supports. 13-5642032

11148 Black Women's Health Imperative www.BlackWomensHealth.org
 (202) 548-4000 An education, research, resource development and advocacy organization whose vision is to eliminate gender and racial disparities in health and premature mortality for African American women, particularly those who are at the greatest risk. 58-1557556

12193 Breast Cancer Coalition
www.stopbreastcancer.org
 (800) 622-2838 The National Breast Cancer Coalition Fund works to increase federal funding for breast cancer research. We led the effort to create access to breast and cervical cancer care for underserved and uninsured women, and train advocates to play an active role wherever breast cancer decisions are made. 52-1782065

PREVENT CANCER

*Right at your
own desk!*

By participating in your workplace giving campaign, you can support the Cancer Research and Prevention Foundation (CRPF) to help people across the street and around the nation prevent cancer.

Since 1985, the Cancer Research and Prevention Foundation is the only national, nonprofit health foundation in the U.S. whose purpose is the prevention and early detection of cancer through scientific research, education and community outreach. Through CRPF's vigilant dedication to cancer prevention, Americans are learning to live healthier lives.

For more information, contact your Human Resources department or Charitable Giving department to learn more.



11074 Cancer Research and Prevention Foundation www.preventcancer.org
 (800) 227-2732 100% of CFC contributions support cancer prevention/early detection research, education outreach to medically underserved; and childhood cancer research and support. Provides

over \$8 million annually for these programs. Focuses on cancers that can be prevented or detected early and successfully treated. Free educational materials, toll free information line, award-winning Website. 52-1429544



WHO INVITED THE PHARMACIST?

Nobody. Yet in 2007, states continue to consider legislation that would allow pharmacists to deny women access to their birth control. NARAL Pro-Choice America® and its state affiliates are leading the fight to protect women's personal freedom and privacy.

Protect Your Prescription. CFC #11714

Designate your CFC contribution to NARAL Pro-Choice America Foundation.



NARAL
 Pro-Choice America Foundation www.ProChoiceAmerica.org ■ (202) 973-3045





11716 Christopher and Dana Reeve Foundation

www.ChristopherReeve.org
(800) 225-0292 The Foundation is dedicated to curing spinal cord injury by funding innovative research, and improving the quality of life for people living with paralysis through grants, information and advocacy. 22-2939536

11149 Diabetes Research Institute Foundation, Inc.

www.diabetesresearch.org
(800) 321-3437 The Diabetes Research Institute is a recognized world leader in cure-focused research. Pioneering new technologies in islet cell transplantation for decades, the DRI has successfully reversed diabetes in patients involved in ongoing clinical trials. For the millions of families affected by diabetes, the DRI is the best hope for a cure. 59-1361955

11990 Dystrophic Epidermolysis Bullosa Research Association of America

www.debra.org
(866) 332-7276 Direct services and research support for Epidermolysis Bullosa, a devastating and sometimes fatal skin disease characterized by fragile skin that forms severe blisters from the slightest friction, and causes wounds and extreme pain. Present at birth, EB causes a lifetime struggle against injury, infection and social isolation. 11-2519726

10362 Hospice America (American Hospice Foundation)

www.americanhospice.org
(202) 223-0204 The voice of dying and grieving individuals. Its mission is to increase access to quality hospice care so that more people can die at home, with dignity and free of pain. The Foundation provides successful programs to help grieving family members, especially in the workplace and in schools. 52-1823611

12006 International Planned Parenthood Federation, Western Hemisphere Region

www.ippfwhr.org
(866) 477-3947 Improve the quality of life of individuals by campaigning for sexual and reproductive health and rights through advocacy and services, especially for poor and vulnerable people. Defend the right of all young people to have sexual lives free from ill-health, unwanted pregnancy, violence, and discrimination. Strive to eliminate sexually transmitted infections and to eradicate HIV/AIDS. 13-1845455

11712 International Rett Syndrome Association

www.rettssyndrome.org
(800) 818-7388 The International Rett Syndrome Association (IRSA) is a non-profit organization whose aims are to provide accurate information about Rett syndrome, offer parental support and fund research aimed at greater understanding of the cause of Rett syndrome and methods for its therapeutic and educational communities. 52-1417739

11991 Lance Armstrong Foundation, Inc.

www.livestrong.org
(877) 236-8820 The Lance Armstrong Foundation (LAF) inspires and empowers people affected by cancer. From the moment of diagnosis, we provide the practical information and tools people with cancer need to live life on their terms. Founded in 1997 by Lance Armstrong, the LAF is located in Austin, Texas. For more information, visit www.livestrong.org. 74-2806618

11150 Multiple Sclerosis Association of America

www.msaa.com
(800) 833-4672 Exists to enrich the quality of life of individuals with MS by easing the day-to-day challenges they

and their care partners face. Modifies people's homes to make them more accessible. It offers free services such as equipment distribution, social and support activities, a toll-free helpline, and MRI's for the uninsured. 22-1912812

11714 NARAL Pro-Choice America

www.ProChoiceAmerica.org
(877) YOU DECIDE Educates and mobilizes informed and vocal pro-choice activists nationwide. In partnership with 26 affiliates, defends a woman's right to choose, advances policies to make abortion less necessary, and ensures that men and women have the means to make informed and responsible reproductive rights-related decisions, free from government interference. 52-1100361

10356 National Association of the Deaf

www.nad.org (301) 587-1788 Nation's largest organization safeguarding the accessibility and civil rights of 28 million deaf and hard of hearing Americans in education, employment, health care, and telecommunications. Focuses on grassroots advocacy and empowerment, captioned media, deafness-related information and publications, legal assistance, policy development and research, public awareness, and youth

leadership development. (301) 587-1789- TTY 94-1358295

11151 National Down Syndrome Society

www.ndss.org
(800) 221-4602 Committed to being the national leader in supporting and enhancing the quality of life, and realizing the potential of all people with Down syndrome. We demonstrate this commitment through our education, research and advocacy initiatives that benefit people with Down syndrome and their families. 13-2992567

11152 National Marfan Foundation

www.marfan.org (800) 862-7326 Marfan syndrome is a genetic disorder of the body's connective tissues including the heart, lungs, eyes, joints and blood vessels. It is chronic, progressive and oftentimes fatal if undiagnosed. It is estimated that 200,000 people in the United States are living with this complex disorder. It affects men, women, children, and all races and ethnic groups. Founded in 1981, the National Marfan Foundation is the only voluntary health agency providing comprehensive research, patient care, public and professional education and advocacy programs for families fighting this disease. 52-1265361

WHAT COULD BE WRONG WITH A CASUAL GAME OF BASKETBALL? PLENTY.



When some people play, it's a tragedy.

One of these unsuspecting athletes has the Marfan syndrome, a life-threatening genetic disorder. If undiagnosed, one risks sudden death or severe disabilities.

Physical characteristics often seen in natural athletes can indicate the Marfan syndrome:

- Tall, thin stature with disproportionately long arms
- Unusually long lower half of the body
- Long, double-jointed fingers
- Curvature of the spine
- Chest bone that curves inward or outward
- Flat feet
- Backward curve of the legs at the knees
- Nearsightedness

An echocardiogram and slit lamp examination of the eyes are necessary to make the proper diagnosis. Look for the signs — you could help save a life.

For information contact:

THE NATIONAL MARFAN FOUNDATION
22 Manhasset Ave. • Port Washington, NY 11050
Call 1-800-8-MARFAN www.marfan.org

CFC #11152

11992 National Organization for Rare Disorders (NORD)

www.rarediseases.org
(800) 999-6673 NORD: A federation of voluntary health organizations and individuals dedicated to helping people with rare "orphan" diseases. NORD is committed to the identification, treatment, and cure of rare disorders through education, advocacy, services, and research. NORD is an information clearinghouse for rare disease information and referrals to appropriate resources. 13-3223946

10214 National Psoriasis Foundation

www.psoriasis.org (800) 723-9166 Our mission is to improve the quality of life of people who have psoriasis and psoriatic arthritis. Through education and advocacy, we promote awareness and understanding, ensure access to treatment and support research that will lead to effective management and, ultimately, a cure. 93-0571472

11154 Ovarian Cancer Research Fund

www.ocrf.org (800) 873-9569 Leading the fight against ovarian cancer, our organization's mission is to fund the best researchers in the country - helping them discover methods of early detection, better treatments and ultimately a cure. Our organization also seeks to support patients and their families, provide education programs, and raise awareness of the disease. 13-3806788

11715 Tuberous Sclerosis Alliance

www.tsalliance.org (800) 225-6872 Founded in 1974, the TS Alliance is the only national voluntary health agency dedicated to finding a cure for TSC while improving the lives of those affected. TSC is a genetic disorder characterized by seizures and tumor growth in vital organs such as the brain, heart, kidneys, lungs and skin. 95-3018799



Three million women in the United States have breast cancer today.

One million of them don't know it yet.

Help us end this disease for everyone.

BREAST CANCER

**Say it!
Fight it!
Cure it!
Stop it!**

Breast Cancer Coalition
CFC # 12193
www.stopbreastcancer.org

National Breast Cancer Coalition Fund

Your charitable pledge at work...

**\$1 per week enables a food bank to distribute
4.76 pounds of food.**

**\$2 per week will pay for one cat and one dog to be spayed/neutered, preventing
the births of millions of unwanted kittens and puppies and helping to keep our
communities healthy.**

**\$5 per week could cover the cost of patients being notified that a clinical trial is
starting for an experimental drug that could save a life.**

\$10 per week provides a student with school supplies or books.

**\$50 every week will allow teens to run a weekly television show that informs area
agencies and families about issues that affect them.**

America's Charities Members - Delivering vital services



Animal Services

The Humane Society of the United States
The Fund for Animals
PetSmart Charities

Children

100 Black Men of America
Childhelp®
Children's Rights
Coptic Orphans Support Association
Father Flanagan's Boys' Home
The Grace Children's Foundation
The Hole In The Wall Gang Fund
Junior Achievement
Make-A-Wish Foundation® of America
National Black Child Development Institute
Prevent Child Abuse America
Reading Is Fundamental, Inc. (RIF)
STANDUP FOR KIDS
Starlight Starbright Children's Foundation
Youth Service America

Civil and Human Rights

American Campaign for Prevention of Child Abuse and Family Violence
American Center for Law and Justice
American Civil Liberties Union Foundation
Amnesty International of the USA
Catholics United for Life
Human Rights Campaign Foundation
Mothers Against Drunk Driving
NAACP Legal Defense and Educational Fund
NAACP Special Contribution Fund
National Association of the Deaf
Native American Rights Fund
Puerto Rican Legal Defense and Education Fund
The Rutherford Institute

Education

Consumers Union of United States
Eagle Forum Education and Legal Defense Fund
"I Have a Dream"® Foundation
National Trust for Historic Preservation in the United States
Orphan Foundation of America
Point Foundation, The National Gay & Lesbian Scholarship Fund
Southern Poverty Law Center
Teach For America
Tiger Woods Foundation, Inc.
Veterans for America

Environment

Population Connection

Health

AIDS Alliance for Children, Youth & Families
Black Women's Health Imperative
Breast Cancer Coalition
Cancer Research and Prevention Foundation
Cancer Research for Children (National Childhood Cancer Foundation)
Children's HeartLink
Christopher and Dana Reeve Foundation
Diabetes Research and Wellness Foundation
Diabetes Research Institute Foundation, Inc.
Dystrophic Epidermolysis Bullosa Research Association of America
Hospice America (American Hospice Foundation)
International Rett Syndrome Association
Lance Armstrong Foundation, Inc.
NARAL Pro-Choice America Foundation
National Marfan Foundation

National Organization for Rare Disorders (NORD)
National Psoriasis Foundation
Ovarian Cancer Research Fund
Ronald McDonald House Charities®
Tuberous Sclerosis Alliance

Human Services

America's Second Harvest - The Nation's Food Bank Network
American Foundation for the Blind
The Arc of the United States
Believe In Tomorrow National Children's Foundation
Canine Partners For Life
The Children's House at Johns Hopkins
Christian Appalachian Project

Dress for Success Worldwide
Feed The Children
Give Kids The World
GlobalGiving Foundation
Goodwill Industries International, Inc.
International Planned Parenthood Federation, Western Hemisphere Region
Meals On Wheels Association of America
Multiple Sclerosis Association of America
National Down Syndrome Society
National Law Enforcement Officers Memorial Fund



Helping You Help Others. It's what we do.

We make sure your workplace giving dollars get to worthy causes in your community, your nation, and your world.

We coordinate workplace giving campaigns for corporations and for state and local governments.

We help plan and coordinate the annual Combined Federal Campaign.

But we can't do it without your help.

Just like other charities in the CFC, we depend upon donor contributions to help us carry out our mission.

Participate in building better workplace giving campaigns, like the CFC, and help us make sure more dollars get to more children, families, communities and causes.

Designate part or all of your contribution to **America's Charities**, **Children1st-America's Charities** or **Health1st-America's Charities**.

Together, we can do even more.



Children1st
America's Charities
CFC #10287

America's Charities
CFC #10224

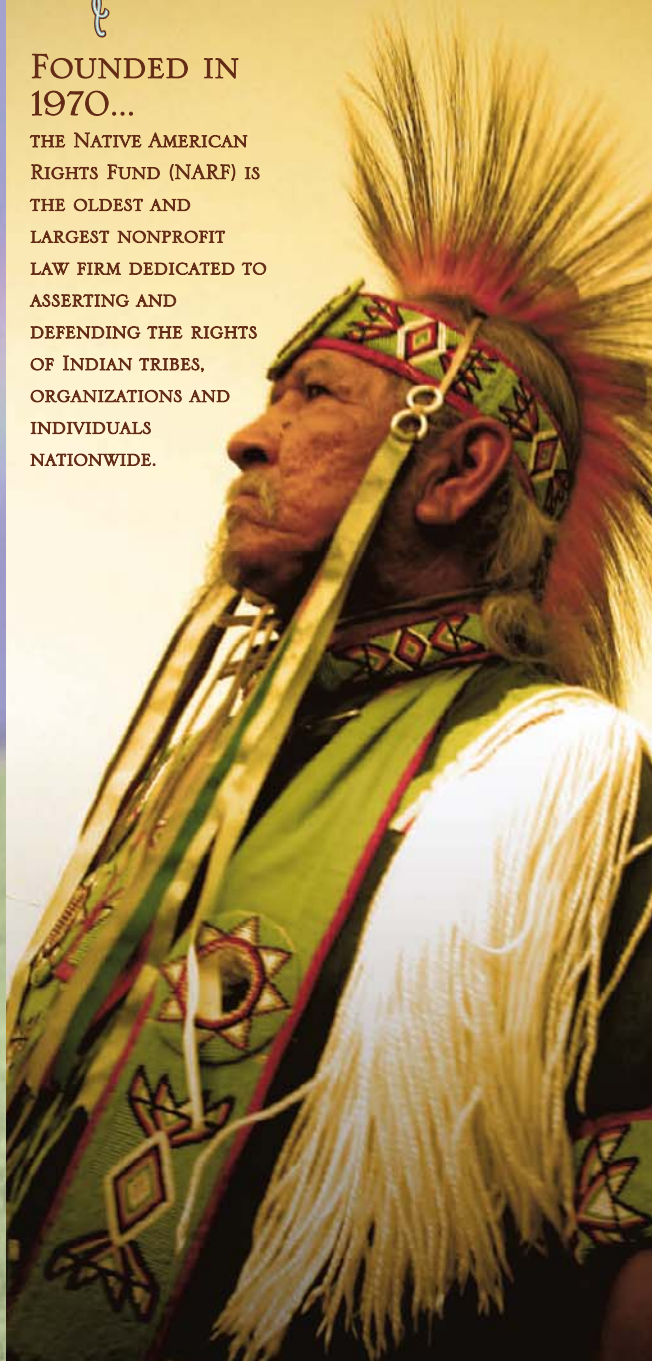
Health1st
America's Charities
CFC #10963



NATIVE AMERICAN RIGHTS FUND

FOUNDED IN 1970...

THE NATIVE AMERICAN RIGHTS FUND (NARF) IS THE OLDEST AND LARGEST NONPROFIT LAW FIRM DEDICATED TO ASSERTING AND DEFENDING THE RIGHTS OF INDIAN TRIBES, ORGANIZATIONS AND INDIVIDUALS NATIONWIDE.



SUPPORT THE NATIVE AMERICAN RIGHTS FUND

CFC# 10350 ON THE PLEDGE CARD.

FOR MORE INFO, PLEASE CONTACT US AT

303.447.8760 WWW.NARF.ORG

NATIVE AMERICAN RIGHTS FUND, 1506

BROADWAY, BOULDER, CO 80302

CFC # 10350

www.charities.org

Set up a 401k for your karma.



Amnesty International is a Nobel Prize winning organization dedicated to protecting human rights. To join or support our life-saving work around the world, please visit www.amnestyusa.org/donate or call 1-800-AMNESTY.

CFC #10363

WHAT'S WRONG WITH THIS PICTURE?



Liberty's crown is missing a point.

When do you think you would have noticed? When three or four points were missing? Maybe that would have been too late. And that's exactly our point. Most of us don't notice when our freedoms are eroding.

That's why we notice. We're the ACLU. Every time a freedom that is guaranteed by the Bill of Rights begins to erode, we're right there. Not to take sides but to protect the principle this country was founded on. Freedom. Guaranteed to all.

The ACLU has been protecting civil liberties for over 80 years. Help us protect them for the next 80 by supporting the ACLU Foundation through the CFC.



Freedom is why we're here.

Designate #11890 on your CFC pledge card.

PLEASE USE BALL POINT PEN & WRITE FIRMLY

ATTENTION PAYROLL OFFICES:
Only use this number to identify the local campaign.

CFC Campaign No. _____

PRINT NAME (LAST) Smith	FIRST Parker	MIDDLE INITIAL G.	<input checked="" type="checkbox"/> CIVILIAN <input type="checkbox"/> MILITARY	FEDERAL AGENCY AND OFFICE 	SOCIAL SECURITY NUMBER 123-45-6789
WORK ADDRESS & ZIP CODE 123 Maine Avenue, Washington, DC 20006				WORK PHONE () - -	

CONTRIBUTION: Fill in the blank showing the amount of your payroll allotment, cash or check contribution. Write in the total of your annual contribution in the space provided.

ALLOTMENT SOURCE	AMOUNT	INTERVAL	TOTAL GIFT	ANNUAL
MILITARY PAYROLL		X 12 months	\$	
CIVILIAN PAYROLL	\$100	X 26 pay periods	\$2600	\$2600.00
Other \$		(cash/check p.c.)		

CFC organizations do not provide goods or services in exchange for any contributions made to the organization on this pledge card.

DESIGNATED GIFT: To designate one or more charities or federated groups that appear on the list provided, fill the charity or federation code(s) and dollar amounts above.

RECOGNITION OPTIONS
I authorize the CFC to release the information I have provided below to the charities I have designated on this pledge form.
Name: **Parker Smith**
Home Address or E-Mail: **P.Smith@opm.gov**
Pledge Amount: (Check the "Yes" box to release the amount of your pledge(s) to your designated charities.) Yes ☒

PAYROLL DEDUCTION AUTHORIZATION
I hereby authorize any agency of the United States Government by which I may be employed during 2008 to deduct the amount(s) shown above from my pay each pay period during the calendar year 2008 starting with the first pay period that begins in January and ending with the last pay period that begins in December, and to pay the amounts so deducted to the Combined Federal Campaign shown above. I understand that this authorization may be revoked by me in writing at any time before it expires.
SIGNATURE **[Signature]** DATE **11/1/07**

See reverse side for information on volunteer opportunities in your community.

OPM 1654
Rev. March 2007

**IMPORTANT NOTE:
ALL CHARITIES
HAVE NEW 5-DIGIT
CODE NUMBERS
FOR 2007!**

SAMPLE

Strengthening the *Spirits* of Seriously Ill Children since 1988



The Hole in the Wall Gang Camp is a place where thousands of children with cancer and other serious illnesses find joy, camaraderie and a renewed sense of hope. Founded by Paul Newman, The Hole in the Wall Gang Camp helps return a sense of normalcy to children whose lives are turned upside down by illness. All services are provided free of charge.

Thank you for supporting the Hole in the Wall Gang Camp by designating #10704 on your CFC pledge card.

“OneCan.”



Over 12 million American children are at risk of going to bed hungry tonight. When you choose to support Feed The Children through your workplace giving program, **YOU CAN** help change that number. Since 1979, we have been saving lives by delivering food, medicine and other necessities to children in America and 118 countries abroad, and by providing lifesaving aid during times of disaster. Please, join Feed The Children in our fight against child hunger and discover how **OneCan** change the world.



It's who we are. It's what we do.

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